

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Raw Carrot Cake

From [www.twobluelemons.com](http://www.twobluelemons.com)

So, this is nothing like the traditional carrot cake with cream cheese frosting. It is made from all raw ingredients and it also gluten, egg and dairy free. The sweetness comes from dried fruit and honey. Feel free to substitute different fruit for the apricots or raisins. Try dried cranberries or cherries. You can also try adding fresh lemon juice or vanilla beans to the cake and/or the frosting. Cory and I enjoyed it, and our kids ate it, too!

### For the Carrot Cake

- 4 cups shredded carrots (about 1 1/2 lbs)
- 1 cup dates (about 16 dates)
- 1 cup raw walnuts
- 3/4 cup dried apricots
- 1-1/2 cups unsweetened shredded coconut (Look for this in the health food aisle at Dierberg's.)
- 1/2 cup raisins or currants
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice

### For the Cashew Frosting

- 1 1/2 cups raw cashews
  - 2 tablespoons honey
  - 3 tablespoons water
- Alternate frosting:* Store-bought cashew butter sweetened with honey to taste.

### Preparation – Carrot Cake

1. Grate the carrot in a food processor fitted with the grater attachment. Transfer to a large mixing bowl and set aside.
2. In the food processor, now fitted with the blade attachment, blend the dates, apricots, and walnuts until combined but not a paste. Add to the shredded carrots and mix.
3. Add the spices to the carrot mixture and blend.
4. Transfer the mixture to the food processor and blend in two batches until the mixture comes together and holds its shape.
5. Fold in the coconut
6. Using a dry measuring cup (1/3-1/2 cup) portion out the mixture and frost each cake with a heaping tablespoon of cashew frosting, or press it into a pie plate or spring form pan.

### Preparation – Cashew Frosting

1. Whirl the cashews in the food processor, continuously scraping down the sides, until the cashews form a thick paste (a.k.a. cashew butter). This could take awhile...just be patient and keep scraping! You can add a few tablespoons water to encourage the cashews to break down.
2. Add the honey to the food processor and blend until incorporated.