

26 Paleo Carrot Cake Recipes [Includes AIP and Primal Recipes]

<https://paleoflourish.com/paleo-carrot-cake-recipes>

This list contains the links to the recipes on the internet. We cannot write out the full recipes because they're not all our own recipes. We've indicated ingredients that each recipe contains so you know before clicking on the link if it'll work for you.

Primal Carrot Cake Recipes

[Carrot Cake with Maple Cream Cheese Frosting](#)

- She Cooks He Cleans

Ingredients: walnut oil or coconut oil, honey, coconut palm sugar, eggs, almond flour, baking soda, kosher salt, cinnamon, nutmeg, unsweetened coconut, carrots, raisins or dates, walnuts, cream cheese, butter, maple syrup.

[Primal Grain-Free Carrot Cake \[Contains Dairy\]](#)

- Grass Fed Girl

Ingredients: almond meal/flour, baking soda, honey, molasses, coconut oil, carrots, walnuts, cream cheese, maple syrup, lemon juice, butter.

[Paleo Carrot Cake](#)

- The Healthy Foodie

Ingredients: carrots, pineapple, ginger, lemon zest, applesauce, coconut milk, eggs, coconut flour, almond flour, arrowroot flour, walnuts, dried apricots, raisins, baking soda, cream of tartar, cinnamon, ginger, salt, ground clove, ground allspice, nutmeg, cream cheese, coconut butter, honey, vanilla extract, coconut flakes.

[Carrot Cake](#)

- Primal Palate

Ingredients: carrots, maple syrup, coconut flour, cinnamon, baking soda, sea salt, eggs, dates, vanilla extract, coconut oil, cream cheese frosting, walnuts.

Paleo Carrot Cake Recipes

[Two Carrot Cakes With Coconut Frosting](#)

- Mangia Blog

Ingredients: butter, coconut sugar, coconut milk, eggs, coconut milk yogurt, carrots, coconut flour, baking powder, baking soda, cinnamon, nutmeg, salt, coconut butter, maple syrup, warm water, vanilla extract, salt.

[Carrot Cake With Lemon Cream Icing](#)

- Mummy Made It

Ingredients: eggs, unsweetened applesauce, dates, boiling water, bicarbonate of soda, vanilla extract, milk, carrot, coconut flour, almond meal, baking powder, cinnamon, ginger, nutmeg, salt, nuts (optional).

[Raw Pumpkin Spiced Carrot Cake With Walnut Pumpkin Frosting](#)

- What Runs Lori

Ingredients: carrots, pumpkin flesh, almond meal, unsweetened shredded coconut, protein powder, honey, raisins, chia seeds, vanilla extract, pumpkin spice, cinnamon, salt.

[Delicious Grain-Free Carrot Cake](#)

- Simply Living Healthy

Ingredients: almond flour, sea salt, baking soda, cinnamon, nutmeg, eggs, coconut oil or butter, maple syrup, carrots, walnuts, raisins.

[Carrot Cake Caveman Cookies](#)

- Civilized Caveman Cooking

Ingredients: mini carrots, almonds, shredded coconut, nutmeg, vanilla, coconut oil, eggs.

[Carrot Cake Muffins with “Cream Cheese” Frosting](#)

- Swiss Paleo

Ingredients: almond flour, baking soda, salt, cinnamon, medjool dates, bananas, eggs, apple cider vinegar, coconut oil, carrots, walnuts (optional).

[Whole Orange and Carrot Cake](#)

- Wholefood Simply

Ingredients: carrots, orange, honey or maple syrup, coconut flour, butter, eggs, bicarb soda, chinese 5 spice, salt, desiccated coconut.

[Carrot Cake Cupcakes with Cinnamon-Vanilla Frosting](#)

- Paleo Newbie

Ingredients: almond flour, coconut flour, baking soda, cinnamon, allspice, salt, full fat coconut milk, eggs, coconut oil, honey, vanilla, raisins, carrots, palm shortening, honey, coconut butter, vanilla, cinnamon, walnuts (optional).

[Cavey Carrot Cake](#)

- Cavewoman Café

Ingredients: almond flour, sea salt, baking soda, baking powder, cinnamon, nutmeg, cardamom, ground ginger, eggs, honey, olive oil, carrots, raisins, pecans.

[Carrot Cake](#)

- Sweet Freedom

Ingredients: almond pulp, sea salt, baking soda, cinnamon, nutmeg, allspice, cloves, ginger, carrot, honey, coconut oil, water, vanilla extract, egg yolks, egg whites.

[Grain-Free Carrot Cake with Coconut Cream Icing \(SCD/GAPS\)](#)

- Real Food Forager

Ingredients: eggs, ghee, honey, dates, vanilla, carrots, pecan butter, coconut flour, baking soda, sea salt, cinnamon, nutmeg, clove.

[Ultimate Carrot Cake](#)

- Edible Harmony

Ingredients: almond flour, eggs, dates, coconut oil, baking soda, almond milk, vanilla, cinnamon, walnuts, pineapple, carrots, unsweetened coconut, salt.

[Raw Carrot Cake Recipe](#)

- Forest and Fauna

Ingredients: carrot, walnuts, medjool dates, apple, shredded coconut, vanilla extract, Chinese five spice, raisins.

[Raw Carrot Cake with Cashew Vanilla Frosting](#)

- Gimme Some Oven

Ingredients: carrots, dates, walnuts, unsweetened shredded coconut, ground cinnamon, ground ginger, ground nutmeg, salt, raisins, cashews, coconut oil, water, honey, vanilla extract, lemon juice.

[Paleo Banana Carrot Breakfast Muffins](#)

- Paleo Newbie

Ingredients: almond flour, baking soda, baking powder, salt, cinnamon, allspice, eggs, bananas, almond butter, honey, coconut oil, vanilla extract, carrot, walnuts.

[Paleo Carrot Cake Energy Bites](#)

- Paleomazing

Ingredients: carrots, walnuts, pecans, dates, cinnamon, ground ginger, nutmeg, maple syrup, shredded coconut.

[Carrot Cake Pancakes](#)

- Multiply Delicious

Ingredients: dates, eggs, coconut milk, vanilla extract, coconut flour, almond flour, baking soda, sea salt, ground cinnamon, ground nutmeg, ground ginger, ground cloves, shredded carrots.

[Carrot Cake Donuts](#)

- PaleOMG

Ingredients: carrots, sunflower seed butter, eggs, coconut flour, honey, cinnamon, vanilla extract, nutmeg, ginger, cloves, baking soda, baking powder, salt, walnuts, raisins, coconut cream concentrate or homemade coconut butter, almonds, carrots zest.

[Nut-Free Paleo Carrot Cake](#)

- Elana's Pantry

Ingredients: coconut flour, sea salt, baking soda, ground cinnamon, eggs, coconut oil, honey, carrots, currants.

AIP Carrot Cake Recipes

[Carrot Cake with Whipped Coconut Frosting](#)

- Heartbeet Kitchen

Ingredients: tigernut flour, arrowroot starch or tapioca starch, coconut flour, baking soda, cinnamon, ginger, cloves, salt, lemon juice, full fat coconut milk, applesauce, maple syrup, coconut oil, carrots, golden raisins, gelatin eggs, unsweetened toasted coconut flakes.

[Carrot Cake with Gelatin Egg](#)

- Eat Heal Thrive

Ingredients: coconut flour, arrowroot flour, baking soda, cinnamon, sea salt, coconut or palm oil, honey, applesauce, vanilla extract, apple cider vinegar, finely grated carrots, gelatin.

[Carrot Cake Cupcakes with Creamy Maple Frosting](#)

- Sweet Potatoes & Social Change

Ingredients: avocado, maple syrup, coconut oil, pineapple juice, coconut flour, baking soda, cream of tartar, sea salt, ginger, cinnamon, finely shredded carrots, raisins, palm shortening, coconut butter, coconut cream, maple syrup, gelatin, shredded unsweetened coconut.