



Gabriel Method Coach Christine Kennedy's **Carrot and Almond Cake**

Ingredients:

For the Cake

- 1 1/2 cups of carrot pulp (juice enough carrots to get this amount of pulp, or finely grate carrots and squeeze out as much juice as possible)
- 1 1/2 cups of almond meal (you can blend almonds in a Vitamix, or use ready-bought almond meal)
- 1/4-1/3 cup of xylitol (depending on sweetness desired)
- 1 tsp cinnamon
- 1 tsp nutmeg
- 2 eggs
- 1/2 cup of almond milk (less if your carrot pulp is more moist)
- 1 tsp coconut oil



For the Topping

- 1 cup of raw natural cashews
- 1 tsp coconut oil
- 1 tsp hemp seeds
- 1 tsp chia seeds
- a little almond milk
- lemon juice
- xylitol

Directions:

1. Pre heat oven to 180 degrees celsius
2. Combine all Cake ingredients in a mixing bowl.
3. Mix together with a wooden spoon or spatula until well combined
4. Grease and line a cake tray with baking paper.
5. Press mixture lightly into cake tray.
6. Bake for 30 mins turning cake around once.
7. Cake is done when it begins to brown.
8. Remove cake from oven and place on a cooling rack, cover and allow to cool.

For the Topping

1. Add raw cashews to Vitamix and begin to blend (I havent tried this with a different strength blender)
2. Add other Topping ingredients and enough almond milk to give topping a creamy icing consistency.
3. Add lemon juice and xylitol to suit your taste. Topping should have a creamy consistency, and a tangy sweet flavor.
4. Spread the top of the cake with the topping while it's in the tray. Remove from tray and cut in to desired pieces.
5. Store in fridge in an airtight container.