SUPER HEALTHY RECIPE IDEAS

CARROT CAKE
(Grain Free, Gluten Free, Dairy Free)

1c light olive oil
1c sugar
5c grated carrots
4 large eggs
1 1/2c tapioca flour
½ c besan flour
2 teaspoons of raising agent (Wards baking powder)
1 teaspoon cinnamon
1 teaspoon mixed spice
1 teaspoon ground ginger
½ c sultanas
½ c freshly ground almonds or macadamia nuts

Blend together oil and sugar. Add grated carrots and lightly beaten eggs. Add well sifted dry ingredients and mix well. Add ground nuts and sultanas and mix well.
Pour mixture into cake tin lined with glad bake or grease proof paper.
Bake at 160deg C for 60 minutes then reduce heat to 140deg C for another 30 minutes or until golden brown and well cooked.

This recipe can easily be converted to a banana cake by changing the grated carrot to 2 large or 3 small bananas well mashed.

I use the same recipe (and think it works even better) cooking them in muffin tins (well greased) for about 17 minutes on 170deg C.

If you don't have dairy issues you can ice with philli cheese and pure icing sugar or you can make an icing from 1 egg white and pure icing sugar. They really are very nice without the icing though.

This recipe provided to you by Judy O'Reilly of Petals Provisions…
You can contact Judy regarding her gluten-free, sugar-free and dairy-free recipes, products and catering service at judy_dan@bigpond.net.au