

FIONA TUCK

NUTRITION WELLNESS YOGA



Mini Raw Carrot Cakes

Ingredients:

Prep: 15 mins

Base:

Cook: 0 mins

2 cups of raw carrots, grated or chopped finely in a food processor
2 cups of desiccated coconut
2 cups of pecan nuts
1 cup of largely chopped and destoned medjool dates
4 teaspoons of cinnamon
1 teaspoon of nutmeg
1 teaspoon of ginger powder
1 teaspoon of vanilla essence
Grated rind of 1 orange

Serves: 24

Cashew frosting:

2 cups cashews, preferably soaked for 2 hours
½ cup of walnuts
1 tablespoon lemon juice
1 teaspoon of vanilla extract
2 tablespoons coconut oil (liquid)
Liquid stevia (to taste)
Water as needed

Directions:

1. Base: Place the carrots, pecans coconut, dates, spices and vanilla in a blender and blend until all the ingredients are combined but still have texture. Using a teaspoon, spoon the mixture into a mini muffin baking tin. Press down firmly with your hands so that the mixture holds together. Place in the refrigerator and allow to set for at least 4 hours.
 2. Cashew frosting: Place all the frosting ingredients into the blender and blend until smooth and creamy looking. Place into a bowl and refrigerate for 8 hours to set.
 3. Once the cakes and frosting have set, spread the frosting on the top of the cakes. Sprinkle with a few chopped walnuts or pistachios.
 4. Assists with brain function, hormonal balance, skin health, nerves, fatigue and heart health.
 5. Store the cakes covered in the fridge for up to 5 days.
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