



LOW CARB CARROT CAKE

Ingredients

- 5 eggs - medium
 - 200 g butter melted
 - 3 tbsp Natvia (stevia) or more, to your taste
 - 2 tsp vanilla
 - 300 g carrots grated/shredded
 - 50 g walnuts chopped, optional
 - 50 g shredded/desiccated unsweetened coconut
 - 150 g almond meal/flour
 - 1 tsp ground cinnamon
 - 1-2 tsp mixed spice
 - 1 tsp ginger (optional)
 - 2 tsp baking powder
- For the Cream Cheese Frosting:
- 200 g cream cheese
 - 1-2 tbsp granulated sweetener of choice
 - Zest of a lemon (optional)

Instructions

Low Carb Carrot Cake

1. Beat eggs, melted butter, sweetener, and vanilla together.
2. Add grated carrot, walnuts, and coconut then mix almond meal/flour, spices and baking powder.
3. Pour into a greased and lined tin. Bake at 180C/350F for 40-50 minutes or until a fork pushed in, comes out clean.

Cream Cheese Frosting

1. Warm the cream cheese in the microwave for 20 seconds to soften it.
2. Stir in 1-2 tbs sweetener of choice.
3. You could also add some lemon zest to give it more flavour. This would add a small number of carbs.
4. Cover with cream cheese frosting.

Store in an airtight container in the fridge. Enjoy! Credit to Ditch the Carbs for the recipe.

