

## Carrot Cake

by Ursula Horiatis

Makes 12 to 16 servings

### Cake

**1 pound of carrots**  
**2 cups pineapple**  
**2 apples**  
**2 ½ cup soaked walnuts**  
**2 cup soaked almond**  
**2 ½ cup pecans**  
**2 cup pumpkin seeds**  
**½ tsp cinnamon**  
**1 cup dates**  
**1 cup raisins**  
**1/3 teaspoon pumpkin spice**  
**3 tablespoons psyllium powder**



### Frosting

**1-2 cup soaked and blanched Almonds**  
**1 cup dates**  
**½ teaspoon cinnamon**  
**1 pinch clove**  
**1 Thai coconut (this is a young coconut, also called a Jelly coconut. It has a soft inside and can be found in Asian markets.)**

### For decoration

**½ cup miniature carrots or coarsely shredded normal sized carrots**  
**12 to 16 mint leaves**

Step 1: Put 1 cup raisins and 1 cup dates in the food processor, mix to a paste

Add soaked almonds and mix. Then add 2 cup walnuts, 1 cup pecans and pumpkin seeds with remaining spices and mix to a paste. Put all in a bowl. Add ½ cup raisins but ½ cup pecans and ½ cup walnuts in food processor and shred to little chunks only (not too fine). Add to dough in the bowl.

Cut carrots into chunks and shred in food processor until fine. Add pineapple and apple chunks and mix with psyllium powder. Add mixture to the dough in the bowl. Now mix all together by hand and pour into a spring form.

Step 2: For Frosting: Put the remaining dates, blanched almonds and coconut meat from the Thai coconut into a blender, add coconut juice and mix to a cream. Spread the cream over the carrot cake and decorate with little carrot halves and mint leaves.

Alternative: If you can't get a Thai coconut, use more blanched Almonds and water instead. It works as well. The cake will be ready to serve after at least 2 hours in the refrigerator and keeps fresh for up to 5 days if stored in the fridge.