

Carrot cake recipe

Ingredients:

- 1½ cups nondairy milk
- 10 Medjool dates, pitted
- 1 very ripe banana, sliced
- 1 teaspoon vanilla extract (or vanilla powder)
- 1¾ cups old-fashioned rolled oats
- 2 teaspoons cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1½ cups grated carrots (2 to 3 medium) & a little extra for topping
- ½ cup walnuts, chopped (& a little extra for topping)

Instructions:

1. Preheat the oven to 350°F. Line an 8×8-inch baking pan with parchment paper.
2. Cover dates with warm water and soak for 20 minutes.
3. Grind the oats into flour with a blender. Transfer to a medium bowl, and whisk in the cinnamon, baking powder, baking soda, nutmeg, and cloves.
4. Place the milk, dates, banana, and vanilla in the blender, and blend until smooth.
5. Stir the date mixture into the bowl of dry ingredients. Fold in the grated carrots, and walnuts.
6. Spoon the batter into the pan and spread evenly. Bake for 40 to 45 minutes, or until the top is medium brown. Let cool for 10 minutes before removing from the pan and placing on a cooling rack. Cool completely before adding cream cheese flavored frosting.

Cream Cheese Flavored Frosting

Ingredients:

- 6-8 Medjool dates, pitted and soaked for 20 minutes in warm water
- ¾ cup raw cashews, soaked for 30 minutes & drained
- 1 tsp. vanilla powder or extract
- Juice of ½ lemon

Instructions

Place dates, cashews, vanilla and lemon juice and JUST ENOUGH WATER TO COVER THEM in a high-speed blender and blend until smooth. Spread over cooled cake. Garnish with the extra carrots and walnuts. Store in airtight container for up to 3 days.