



Guilt-Free Carrot Cake Bliss: Irresistibly Sweetened With Magic

Watch the YouTube demo via the link in the blog post.

Carrot cake lovers, rejoice! This Guilt-Free Carrot Cake Bliss is everything you love—moist, naturally sweetened, and bursting with flavor—without the guilt! Whether celebrating a birthday or game night, this healthy twist will have everyone coming back for seconds.

With its irresistible flavors and the magic of healthy ingredients, it's sure to become everyone's favorite.

And there's a great bonus: It's a great make-ahead recipe, that can be frozen for future use!

Let's dive in.

Ingredients

- **Dry Ingredients:**
 - 2 1/4 cups almond flour
 - 1/2 cup rolled oats (blended into a coarse flour)
 - 1 1/4 tsp baking powder
 - 3/4 tsp baking soda
 - 2 tsp ground cinnamon
 - 1/2 tsp ground ginger
 - 1/4 tsp nutmeg
 - 1/4 tsp sea salt
- **Wet Ingredients:**
 - 2 cups shredded carrots (firmly packed)
 - 1/3 cup date paste
 - 1/4 cup coconut oil (melted) or applesauce (oil-free option)
 - 1/2 cup almond milk or coconut milk
 - 1 tsp vanilla powder
- **Binders & Add-ins:**
 - 1/4 cup ground flax seeds (plus 3 tbsp water for a flax egg)
 - 1/3 cup walnuts, roughly chopped
 - 1/3 cup raisins
 - 1/4 cup shredded unsweetened coconut
- **Optional Coconut Cream Frosting:**
 - 1 can full-fat coconut milk (chilled overnight, cream only)
 - 2-3 tbsp date syrup (adjust sweetness to taste)
 - 1 tsp vanilla powder
- **Extra Toppings:**

- 1/3 cup pecans, roughly chopped
- 1/4 cup shredded unsweetened coconut

Procedure

1. **Preheat the oven:** Set the oven to 350°F (175°C). Grease an 8-inch round or square baking pan or line it with parchment paper.
2. **Prepare the flax egg:** In a small bowl, mix the ground flax seeds with 3 tablespoons of water. Let it sit for 5-10 minutes to form a gel.
3. **Mix the dry ingredients:** In a large bowl, whisk together the almond flour, oat flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and sea salt.
4. **Combine the wet ingredients:** In another bowl, mix the date paste, coconut oil or applesauce, almond milk, and vanilla powder. Stir in the flax egg once it has thickened.
5. Gradually add the wet mixture to the dry ingredients and stir until just combined. Then fold in the carrots, walnuts, raisins, and shredded coconut. The batter will be thick, which is how you want it.
6. **Bake the cake:** Pour the batter into the prepared pan, smooth the top, and bake for 35-45 minutes, or until a toothpick inserted in the center comes out clean. Start checking at 35 minutes.
7. **Toast the toppings:** While the cake bakes, toast the pecans and shredded coconut. Spread them on a baking sheet and bake in the oven for 5-7 minutes, stirring once. Watch closely to prevent burning. Let cool completely.
8. **Prepare the frosting (optional):**
 - Scoop the solid coconut cream from the chilled coconut milk can into a bowl.
 - Whip with date syrup and vanilla powder until fluffy. Adjust sweetness as needed.
9. **Assemble the cake:**
 - Once the cake is completely cooled, frost it with the whipped coconut cream (if using).
 - Sprinkle the toasted pecans and shredded coconut evenly over the top for a beautiful finish.
10. **Now Grab a Fork and Enjoy:** Slice the cake and savor every bite of this moist, flavorful, and guilt-free dessert!

Make-Ahead Suggestions

- **Baking the Cake:** The cake can be made up to 4 days in advance. Let it cool completely, then wrap it tightly in plastic wrap and foil. Store it in the refrigerator. Or, if you want to make it a couple weeks ahead-see the freezer instructions below.
- **Toppings:** Toast the pecans and coconut ahead of time and store them in an airtight container at room temperature for up to 14 days.
- **Frosting:** For best results, make the coconut cream frosting the day you plan to serve the cake. If needed, prepare it up to 2 days in advance, store it in an airtight container in the fridge, and re-whip before spreading.
- **Assembly:** Frost and add toppings on the day of serving for the freshest presentation. Bring the cake to room temperature before serving.

Need to make the cake even more than 4 days in advance? Yes...you can freeze it! Follow these guidelines:

Freezing Instructions

- **To Freeze the Cake:**
 - Bake the cake and let it cool completely.

- Wrap it tightly in plastic wrap, followed by aluminum foil, and place it in a freezer-safe container or resealable bag. Freeze for up to a month.
- **Thawing:**
 - Transfer the wrapped cake to the refrigerator 24 hours before serving to thaw gradually.
 - Bring the cake to room temperature before frosting and serving.

Freezing ensures the cake stays fresh and ready to wow your guests, even if made far in advance!