

CARROT OAT SPELT CAKE (NUT FREE)

Ingredients:

3/4 cup whole wheat or whole spelt flour
1/4 teaspoon salt
1 teaspoon baking powder
1/2 cup old fashioned oats
1/2 cup boiling water
1/4 cup butter, or coconut oil roughly chopped
1/3 cup apple or date butter
2 eggs
1 1/2 cups coarse grated carrots



Directions:

Preheat oven to 375F. Line medium-sized loaf pan with parchment paper.

In a medium bowl, cover oats with boiling water. Place the butter on top of the oat water mixture so it will melt. Let stand for about 10 minutes to soak.

In another bowl, combine flour salt and baking powder. Set aside. Whisk the eggs lightly, then add the apple butter and beat until mixture is fluffy. Add the egg mixture to the oat mixture and stir until combined. Now combine wet and dry ingredients. Fold in grated carrots.

Transfer batter to prepared loaf tin. Bake for 40 minutes or until cake tester comes out clean. Let cool for 10 minutes in the pan, and then take out. Let cool completely on wire racks.

Frosting

1 tub of plain Greek Yogurt
1/2 cup apple butter
1 tsp vanilla
1/2 tsp cinnamon

Place strainer over bowl and line with 3 or 4 pieces of cheese cloth. Pour tub of low fat plain greek yogurt into strainer. Cover with plastic wrap and put in refrigerator for 24 hours to allow fluid to drain from yogurt.

Take the above yogurt cheese and add in 1/2 cup apple butter, cinnamon and vanilla to taste. If you like a sweeter icing add more apple butter.

Spread over cake and serve. Enjoy!