

Raw Mini Carrot Cakes with Frosting

11 Ingredients 8 serves 60 Minutes Total Time

1 teaspoon	lemon juice
1 pinch	sea salt
½ cup	sultanas (or raisins)
1 teaspoon	fresh ginger
2 cups	carrots (grated)
1 cup	walnuts (or almonds or macadamias)
1 cup	dates (pitted, + 2 dates for the icing)
½ cup	cashew nuts (Raw) (soaked for at least an hour)
10 drops	stevia (pure inulin free) (liquid, vanilla flavour if you have it)
1 teaspoon	ground cinnamon*
1.5 cups	desiccated coconut (preservative free)



Instructions

Cupcake Ingredients:

- 1 cup raw walnuts, almonds, or macadamia nuts
- 1 cup dates, pitted
- 2 cup grated raw carrots
- ½ cup unsweetened coconut flakes
- 1 teaspoon cinnamon
- 1 teaspoon freshly grated ginger
- ½ cup raisins

INSTRUCTIONS to make the cupcakes:

Process the nuts and dates in a food processor (with the S blade) until it is well-incorporated. Wrap the carrots in a paper towel and squeeze out any excess liquid (you can also substitute carrot pulp from a juicer and skip this step). Add the carrots, coconut flakes, cinnamon, and ginger to the food processor. Process until the mix is a smooth "dough." Add the raisins and pulse to combine. Stuff the carrot cake dough into muffin tins and refrigerate for about an hour. Remove carrot cakes from fridge and ice them if desired.

Icing INGREDIENTS

- ½ cup cashews, soaked 1+ hours
- 2 pitted medjool dates
- 1 teaspoon lemon juice
- 1 cup unsweetened coconut flakes
- 10 drops liquid vanilla stevia, or to taste (I used NuNaturals brand)
- Dash sea salt

Water (start with 2 tablespoons and work your way up as needed. The soaking time of the cashews will determine how much water you actually need)

Icing INSTRUCTIONS

Drain the cashews and place in a food processor with the dates, lemon juice, coconut flakes, stevia, and sea salt.

Nutritional Information	
<i>(per serving)</i>	
Calories	339
Total Fat	22g
Saturated Fat	10g
Cholesterol	--
Sodium	30mg
Total Carbohydrate	33g
Dietary Fibre	6g
Sugars	21g
Protein	6g
Calcium	46mg
Iron	2mg
Magnesium	73mg
Phosphorus	154mg
Potassium	473mg
Vitamin C	2mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--

Add 2 tablespoons of water and begin to process. The soaking time of the cashews will determine how much water you need. Add more water as necessary to achieve the desired consistency.

Warnings

**WALNUTS: SIBO phase 1 allows 10 walnuts per meal. Phase 2 allows 100g.

**DESICCATED COCONUT (PRESERVATIVE FREE): 1/4 cup maximum per meal for SIBO phase 1 & 2