



Gluten Free Carrot Cakes

70 minutes

Hands on

8-10

Portion(s)

1

Difficulty



Method

- Preheat oven to 180* C (350* F) Fan.
- Beat the icing sugar and eggs in a mixer for 5 minutes using the whisk attachment, until light and fluffy.
- Add the sunflower oil and vanilla. Beat for 2 minutes.
- In a bowl, add the rice flour, cinnamon, cardamom, baking soda, baking powder and salt. Mix with a spoon until all of the ingredients are completely combined.
- Add the rice flour mixture to the mixer in batches and continue beating on low speed until incorporated.
- Beat the walnuts in a food processor for 1 minute but do not finely ground.
- Grate the carrots using the small blades.
- Add the carrots and walnuts to the mixer and beat for 3 minutes on low speed to distribute.
- When ready, distribute evenly in 8x3 cm cake pans.
- Bake for 20-25 minutes.
- When ready, remove from oven and allow to cool for 10 minutes on a wire rack.
- Then turn out of cake pans and allow to cool completely (about 20 minutes).

For the frosting

- Beat the cream cheese and vanilla extract for 5 minutes in a mixer using the whisk attachment until fluffy.
- Add the icing sugar and milk. Beat for 2 minutes until incorporated.
- Spread the frosting over the carrot cakes, dust with cinnamon and serve.

Ingredients

For the carrot cakes

- 180 g brown sugar
- 2 eggs
- 140 g sunflower oil
- 1 teaspoon vanilla extract
- 140 g rice flour
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- ½ teaspoon baking soda
- ½ teaspoon gluten free baking powder
- pinch of salt
- 55 g walnuts
- 300 g carrots, peeled

For frosting

- 170 g cream cheese, at room temperature
- ½ teaspoon vanilla extract
- 255 g icing sugar
- 1 tablespoon milk
- 1 teaspoon ground cinnamon, for dusting

Διατροφικός πίνακας

Nutrition information per portion

459 Calories (kcal)	23.2 Total Fat (g)	5.1 Saturated Fat (g)	57.0 Total Carbs (g)
23%	33%	26%	22%
47.0 Sugars (g)	4.4 Protein (g)	1.8 Fibre (g)	0.45 Sodium (g)
52%	9%	7%	7%