



An addition to your repertoire from Karen Knowler - The Raw Food Coach.com

RAW CARROT CAKE



SERVES: 10

The healthiest raw cake around? Possibly so! This is not only super-healthy but it's also super-delicious. It's also one of the best uses you'll ever have for that carrot pulp left over from juicing!

EQUIPMENT

Food Processor

INGREDIENTS

½ cup soaked raisins
 ½ cup dried apricots (pre-soaked)
 2 cups pecans/walnuts (you could have one or other or both)
 1½ cups coconut (whatever type you have to hand, except young fresh coconut)
 1 teaspoon cinnamon
 ¼ teaspoon 5-spice
 6 cups carrot pulp (leftover from juicing)
 1½ cups dates

DIRECTIONS

1. This is a classic "put it all in the food processor and it comes out good" kind of recipe, but you'll want to do it in stages as there's a lot of mixture here.
2. Once fully homogenised, shape it using your hands or by putting it in a dish or mould. You should find that it holds together perfectly.
3. Slice to serve. Will keep in the fridge for about a week.

Raw Coach Top Tips:

- Feel free to try different dried fruits or spices to create your own flavours and recipe.

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