

GARDEN CAKE

WITH CREAM CHEESE FROSTING



MAKES ONE 8-INCH
(20 CM) CAKE
PREP TIME:
40 MINUTES
COOK TIME:
60 MINUTES

Why stop at carrots? This is the cake equivalent of a vegetable patch, with almost 4 cups of veggies. Blackstrap molasses adds a hint of sweetness and packs a real punch in nutrients, especially calcium, iron, and magnesium. If you tolerate walnuts, add them for a bit of crunch. Soaking and dehydrating the walnuts will make them more easily digestible (page 12). If you have yet to reintroduce whole eggs, use 2 gelatin eggs instead (page 11).

CAKE

½ cup (125 ml) extra virgin olive oil
¾ cup (183.75 g) pumpkin purée
2 tablespoons (40 g) blackstrap molasses
1 tablespoon (15 ml) maple syrup
2 large eggs (Stage 2)
4 oz (110 g or 1 cup) grated carrots (2 medium)
6 oz (170 g or 1 cup) grated beets (1 medium)
6 oz (170 g or 1 packed cup) grated zucchini (1 small)
Zest of 1 large lemon
1¾ cup (195 g) tigernut flour
2 tablespoons (17.5 g) coconut flour
¼ cup (33 g) arrowroot starch
½ teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon ground mace
1½ teaspoons baking soda
Pinch sea salt
½ cup (60 g) walnut pieces, soaked, dried, and chopped (Stage 2)

FROSTING

**(MAKES 2¼ CUPS
[ENOUGH FOR 1 CAKE])**

1½ cups cream cheese (two 8 oz or 225 g packages), softened
1 cup (6 oz) butter, softened (Stage 2)
2 tablespoons (30 ml) maple syrup
2 teaspoons (10 ml) vanilla extract

Place a flat baking sheet in the oven and preheat to 350°F (175°C, or gas mark 4). Line an 8-inch (20 cm) baking tin with parchment paper.

To make the cake, put the oil, pumpkin purée, molasses, and maple syrup in your mixing bowl and beat to combine. If you are using eggs, add them one at a time, beating well between additions.

Add the carrots, beets, zucchini, and lemon zest and whisk briefly to incorporate. Tip in the flours, arrowroot, spices, baking soda, and sea salt, and mix again. If you are using gelatin eggs, see Kitchen Basics (page 11) for instructions and incorporate them here. Stir in the walnuts by hand.

Spoon the mixture into the prepared pan and place onto the preheated tray. Bake for 1 hour, or until the cake is firm and a skewer inserted into the center comes out clean.

Remove from the oven and allow to cool for about 15 minutes. Then turn out onto a wire rack to cool completely.

When the cake has cooled completely, make the frosting. Clean the bowl and paddle attachment. Beat the frosting ingredients on low speed for 1 minute, or until smooth, scraping down the sides when necessary.

Frost the cake once it has completely cooled, and serve.

Cream cheese

AIP COMPLIANT Omit the nuts from the cake. Omit frosting. Use 2 gelatin eggs.

FREEZER-FRIENDLY Yes

LOW FODMAP Sub carrots or zucchini for beets. Omit frosting.

COCONUT-FREE Sub tigernut flour for coconut.

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