



## LOW CARB CARROT CAKE

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### INGREDIENTS

- 5 eggs - medium
  - 200 g butter melted
  - 3 tbsp Natvia (stevia) or more, to your taste
  - 2 tsp vanilla
  - 300 g carrots grated/shredded
  - 50 g walnuts chopped, optional
  - 50 g shredded/desiccated unsweetened coconut
  - 150 g almond meal/flour
  - 1 tsp ground cinnamon
  - 1-2 tsp mixed spice
  - 1 tsp ginger (optional)
  - 2 tsp baking powder
- For the Cream Cheese Frosting:
- 200 g cream cheese
  - 1-2 tbsp granulated sweetener of choice
  - Zest of a lemon (optional)

### INSTRUCTIONS

#### Low Carb Carrot Cake

1. Beat eggs, melted butter, sweetener, and vanilla together.
2. Add grated carrot, walnuts, and coconut then mix almond meal/flour, spices and baking powder.
3. Pour into a greased and lined tin. Bake at 180C/350F for 40-50 minutes or until a fork pushed in, comes out clean.

#### Cream Cheese Frosting

1. Warm the cream cheese in the microwave for 20 seconds to soften it.
2. Stir in 1-2 tbs sweetener of choice.
3. You could also add some lemon zest to give it more flavour. This would add a small number of carbs.
4. Cover with cream cheese frosting.

Store in an airtight container in the fridge. Enjoy! Credit to Ditch the Carbs for the recipe.