

Mom's Carrot Cake

INGREDIENTS:

5 eggs
½ cup raw honey
¼ cup coconut oil, melted
1 tsp. Vanilla extract
3 cups grated carrots
Crushed pineapple, ⅔ of a 8 oz. can
1 cup chopped walnuts
3 cups almond flour
1 tsp. Sea salt
1 tsp. Baking soda
1 T cinnamon

PROCESS:

Mix together eggs, honey, coconut oil, and vanilla.
Add carrots, pineapple, and nuts.
Stir in almond flour, sea salt, baking soda, and cinnamon.
Grease 2 9-inch cake pans with coconut oil and line bottom with parchment paper.
Place batter into prepared pans.
Bake at 325 degrees F for 35-40 minutes.
Let cake cool and then frost.
Note: Used cream cheese frosting with lemon zest added.

Adapted from: Kim Garcia's mom's carrot cake recipe

