

Gluten Free Ginger Carrot Cake

This is a lovely way to use carrots and apples and has a wonderful gingery kick to it! It's so easy to make too.

Ingredients:

8 prunes or dates
3 tblsp warm water
4oz fresh root ginger, peeled and finely chopped or grated
3 large eggs
2 tblsp agave syrup or syrup of choice
1 cup ground hazelnuts
1/2 banana
2 carrots, grated
1 apple, grated
1 tblsp nut butter (almond)
1 tsp baking powder
1 tsp mixed spice
1 tsp ground ginger
1 tsp cinnamon

Method:

Preheat the oven to 180°C, gas mark 4.

Soak the prunes in water then mash.

Whisk the eggs and syrup.

Place all the ingredients in a blender and blend until smooth.

Line a 20cm x 20cm tin

Pour in the ingredients and bake in a fan oven at 180° C for approx 35 minutes.