BANANA CARROT CAKE

INGREDIENTS - CAKE

1. 2 x Cups whole Spelt Grain, once milled is ± 3 & ½ cups of flour.
2. ½ cup mixed nuts – Pecan, Macadamia, Walnuts, Almonds, and Cashews.
3. 2 x tsp Cinnamon powder
4. 1 tsp Vanilla powder
5. 1 tsp Salt
6. 4 Tbsp Honey
7. 2 Tbsp Olive Oil
8. 3 Eggs
9. 2 x Bananas, medium.
10. 1 cup Carrots, grated and compacted
11. 1 tsp baking soda

METHOD - CAKE

1. With the mill switched on, pour the grain into the hopper.

   Note: Remember once a grain berry has been milled, the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation. Nutrients will be lost and oxidized over time. Solution - only process (stone mill or roll) grains on demand, alternatively stone milled flour with the germ have a 2 week shelf life only.

2. Pre-heat the oven to 175º C.
3. Line two cake pans with butter.
4. Crush the nuts in a Magimix or S-Blade mixer.
5. Add the eggs, oil and the honey to the crushed nuts, into the bowl of Magimix.
6. Add the bananas and grated carrots to the egg mixture and blend to creamy mousse.
7. Mix all the dry ingredients together, except the baking soda.
8. Add the flour mixture to the banana/egg mixture, and mix well in the S-Blade mixer.
9. Add the baking soda and mix it into the dough
10. Pour into the oiled spring-fold baking tin.
11. Bake in a pre-heated oven for 35 minutes.
12. Remove from the oven, turn out of the tin, and allow to cool down before icing.

INGREDIENTS – ICING – Two options
Chocalate
1. 5 Tbsp Butter or coconut butter.
2. 2/3 cup Xylitol/Agave sugar, finely milled in a coffee grinder or stone mill.
3. 2 Tbsp Cacao powder.
Vanilla
1. 5 Tbsp Butter or coconut butter.
2. 2/3 cup Xylitol/Agave sugar, finely milled in a coffee grinder or stone mill.
3. 1 Tbsp Vanilla powder.
METHOD - ICING
1. Melt the butter in a double boiler.
2. Mix all the ingredients together.
3. Coat the top of the cake.
4. Decorate with chopped nuts.

Enjoy it &

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