

## Low Carb Classic Carrot Cake

This recipe delivers classic carrot cake flavor and a nice moist texture and a whipped, ginger-cream-cheese frosting that will knock your socks off. Low carb, gluten-free, grain-free with a dairy-free frosting option.

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Serves: 12 slices

### Ingredients

- **Carrot Cake Dry Ingredients**

- 1 cup (90 grams) [Honeyville Almond Flour](#)
- 1 cup (90 grams) [Bob's Red Mill Shredded Coconut](#)
- ½ cup (45 grams) [Bob's Red Mill Coconut Flour](#)
- ½ cup (105 g) Sukrin Gold, packed (sub ⅔ cup granulated erythritol plus ½ teaspoon maple extract or ½ cup of honey)
- 1 tablespoon (15 ml) [Now psyllium husk powder](#) (or ground husks)
- 2 teaspoons (10 ml) baking powder
- ½ teaspoon (2.5 ml) baking soda
- ½ teaspoon (2.5 ml) salt

- **Spices**

- 2 teaspoons (10 ml) ground cinnamon
- 1 teaspoon (5 ml) ground ginger
- ½ teaspoon (2.5 ml) ground allspice
- ½ teaspoon (2.5 ml) ground cardamom

- **Carrot Cake Wet Ingredients**

- 6 large eggs
- ¾ cup (180 ml) coconut milk (full fat from a can)
- 1 teaspoon (5 ml) [stevia glycerite](#)
- 4 ounces (113 g) carrot, shredded
- 2 ounces (56 g) walnuts, chopped

- **Ginger Cream Cheese Frosting**

- 12 ounces (337 g) regular cream cheese, softened
- 4 tablespoons (56 g) butter, softened
- ¼ cup (60 ml) Sukrin Clear Fiber Syrup (or ¼ cup heavy cream)
- ¾ cup Sukrin Melis (90 g) (measured then sifted) (or granular erythritol, measured then powdered)
- 1 teaspoon (5 g) fresh ginger, grated

- [Dairy Free Frosting Option](#) from Real Food Rn

- 1 teaspoon grated fresh ginger



### Instructions

1. **Prep:** Prepare an 8 inch round cake pan with 2 inch sides: On a piece of parchment (with enough extra room to also line the inner sides of the pan), trace the bottom of the pan and cut out the circle. Cut the remaining parchment into 2 long rectangles at least 2 - 2½ inches wide. Spray the pan with baking spray or grease with butter, coconut oil or olive oil. Lay the parchment round in the bottom of the pan and position the long parchment rectangles on the inner side of the pan. I find that I need to use just a little more baking spray or oil to get the over-lap to adhere.
2. Preheat oven to 350 degrees (177 C, gas mark 4, moderate oven) and position the rack to the lower third.
3. Grate the carrots and chop the nuts.
4. **Measure & Mix:** Measure all of the dry ingredients into a large bowl and stir to combine completely. I like to use a large whisk because it breaks up lumps and fluffs up the ingredients.
5. Give the can of coconut milk a good shake before opening. In a smaller bowl, combine all of the wet ingredients and blend them before adding to the dry ingredients.

6. Add the wet ingredients to the dry ingredients, all at once, and mix the ingredients together completely. Add the grated carrots and nuts, mixing them in too. Pour into the cake pan and spread evenly with the spatula. Let the mixture sit in the pan for about 5 minutes.
7. Bake: Put the pan into the oven and turn the oven up to 400 degrees (204 C, gas mark 6, moderately hot) and bake for 10 minutes. Then turn the oven back down to 350 (177 C, 4, mod.) and bake for 40-50 minutes more or until a toothpick inserted in the middle comes out clean. Remove the cake from the oven and drape two clean tea towels over the top of the pan. Let cool completely.
8. Make the Ginger Cream Frosting: Grate 1 teaspoon of fresh ginger. With a hand mixer or a stand mixer, whip the softened cream cheese until it is smooth and creamy. Add the softened butter and Sukrin Clear Fiber Syrup and whip until they are completely incorporated. Measure the Sukrin Melis and sift it into the bowl. Starting slowly, mix the powdered sweetener into the cream cheese mixture. Add the fresh grated ginger. Turn up the speed on the mixer and whip until the cream cheese frosting has doubled from the original amount. It should be light and fluffy. It will become more stiff in the refrigerator as it and the cake get cold.
9. Frost: Split the low carb carrot cake horizontally in half. Spread half of the frosting on the bottom layer. Add the other layer of cake and top with the remaining ginger cream cheese frosting. Refrigerate and serve.

## Nutrition Information

Serving size: 1 slice Calories: 311 Fat: 22 Carbohydrates: 10 Fiber: 5 Protein: 9

Recipe by Low Carb Maven at <http://www.lowcarbmvn.com/low-carb-classic-carrot-cake/>