

Carrot, Fruit and Nut Cake

I've made this cake once using buckwheat flour and once using coconut flour. I loved the coconut one but it is very 'coconuty'! So if you're not a huge fan of coconut then make this with buckwheat flour.

- 2 cups of either coconut or buckwheat flour.
- 1 cup ground almonds
- 5 large strawberries chopped
- 1 cup of dried berries
- 2 tablespoons chia seeds
- Milk of your choice – 1 cup if using buckwheat flour and 2 and ½ cups if using coconut flour
- 2 tablespoons honey or maple syrup
- 2 or 3 carrots

For the topping – this cake is good just as it is but this topping makes it for me.

- 3 ripe bananas, mashed
- 2 tbsp sugar free peanut butter
- 1 tsp cinnamon
- 1 tbsp coconut oil
- 1 tbsp honey

Pre heat your oven to 160' and grease 2 cake tins with coconut oil and put to one side. Place all of the dry including the dried fruit and nuts into a bowl then add the fresh berries, the grated carrot, honey and milk. If you are using coconut flour you will need extra milk as it soaks up the liquid fast. Mix this thoroughly and then spit the mixture between the 2 tins and pack it in hard.

Bake this for approx. 30 mins and then leave it to one side to cool completely. Once cool, remove the cakes from the tins and start making the topping. Mix all of the topping ingredients together well and use half to sandwich the two cakes together and the other half to top the second cake.

This is one of my favourite cakes. The cake will last for a few days in the fridge and although the topping will darken as the bananas go brown, it is perfectly safe to eat and actually even more delicious the day after when the cake has soaked up some of the filling.

