



Gluten-Free Carrot Cake

Recipe makes one 3-layer 8" or one 2-layer 9" round cake.

- **Gluten-Free Flour:** Each brand of gluten-free flour blend is not the same. Therefore, using different brands may yield different outcomes. I always use Bob's Red Mill 1-to-1 Baking Flour because it is very accessible and available in most grocery stores. (not sponsored!)
- **Whipping the egg whites optional:** Whenever I bake gluten-free, I prefer to separate the egg whites and whip them to soft peaks and fold them into the batter gently at the end. The air whipped into the whites give the batter more lift. This is a requisite step for recipes using heavier flours like almond flour. In the case of this GF carrot cake (where no nut flour is used), it is an optional step. I use my immersion blender with whisk attachment which takes seconds to whip up and minimal washing up, so I do it.
- **Candied Carrot Peels:** Inspired by a post by Zoe Bakes, I made candied carrot peels for garnishing the cake. Head over to [her blog](#) for the instructions. Hers are baked in straight strips while I curled them into circles on the silicon mat for baking.

INGREDIENTS

For the carrot cake:

2 ½ C (338g) Bob's Red Mill Gluten-Free 1-to-1 Baking Flour (see headnotes)

1 tbsp ground cinnamon

1 tsp ground cardamom

Pinch each of ground cloves, ground ginger and ground nutmeg

1 ¼ tsp baking powder

1 ¼ tsp baking soda

1 tsp salt

1 lb carrots, washed, peeled and tops trimmed (reserve peels if making candied peel garnish – see headnotes)

4 large eggs (see head note about optionally separating and whipping the whites)

¾ C (173g) **raw** granulated cane sugar OR ¾ C (138g) regular granulated sugar



¾ C (149g) light brown sugar

½ C pureed pineapples (from about ¾ C fresh or canned pineapple chunks)

¼ C avocado oil (or other neutral tasting oil of choice)

For the “No-Cream Cheese” frosting:

5 ¼ C (656g) organic powdered sugar

1 C (227g or 2 sticks) unsalted butter, softened at room temperature about 1 hr

4 tbsp apple cider vinegar

3 tbsp unsweetened almond or oak milk, plus more as needed to thin

2 tsp pure vanilla extract

Pinch of salt

Optional candied carrot peels for garnish – see recipe from [Zoe Bakes](#).

METHOD

For the Carrot Cake layers:

Preheat oven to 350f. Lightly grease and/or line with parchment paper, three 8” round cake pans or two 9” round cake pans.

In a large bowl, whisk the flour, spices, baking powder, baking soda and salt together to make sure there are no lumps. Set aside.

Using a food processor with the shredding blade attached, shred the carrots in batches and set them aside. Then change to the metal S-shaped blade for the food processor and place the shredded carrots back in and pulse to chop them into short pieces (but not so much they blend into a puree) and add them into the bowl with the flour mixture.



Next, puree the pineapple chunks and measure out about $\frac{1}{2}$ C for the cake and set aside for a moment. Put the sugars and eggs in the food processor and blend until light and frothy, about half a minute. Add the $\frac{1}{2}$ cup of pineapple puree and while the food processor is running, drizzle in the $\frac{1}{4}$ cup of oil. Pour this mixture into the large bowl holding the carrots and flour mixture. Use a spatula to fold everything together until just combined. Divide the batter among the prepared cake pans and bake 18-23 minutes for 8" round pans or 25-30 minutes for 9" round pans, until a skewer inserted in the center emerges clean with just a few small crumbs. Allow to cool on a wire rack before running a knife around the edge and removing the cakes from the pans. Make sure cakes are completely cool before frosting, about 1 hour.

For the "No-Cream Cheese" Frosting:

Place all the ingredients into a clean food processor and mix until smooth. Adjust consistency as needed i.e. if too thick, add more a tablespoon of milk at a time to thin out or if too thick, add tablespoons of powdered sugar to thicken. The ideal consistency is silky smooth, spreadable on the cake with a spatula while still retaining its shape.

Frost your cake layers including in between the two (if 9") or three (if 8") layers, the top and a some around the outside. The amount of frosting assumes a 'naked' cake look. Enjoy! Xx

Recipe adapted from [Gimme Some Oven](#).