

# Carrot Flaxseed Cake

## Ingredients

- 1 1/4 cup oat flour
- 1/2 cup ground flaxseed
- 1 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1 cup grated carrots
- 1/3 cup maple syrup or honey
- 1/3 cup unsweetened applesauce
- 1/4 cup melted coconut oil
- 1/2 cup almond milk
- 1 tsp vanilla extract
- Optional: 1/4 cup chopped walnuts or raisins

## Instructions

1. Preheat oven to 350°F (175°C). Lightly grease or line a loaf or square baking pan.
2. Mix oat flour, flaxseed, baking powder, cinnamon, nutmeg, and salt in a bowl.

3. In another bowl, mix carrots, maple syrup, applesauce, coconut oil, almond milk, and vanilla.
4. Combine wet and dry ingredients and fold in nuts/raisins if using.
5. Pour into pan and bake for 35–40 minutes or until golden and a tester comes out clean.
6. Cool before serving.

## Benefits

- Flaxseed supports digestion and hormone balance.
- Carrots add vitamin A for skin and immune health.
- Naturally moist and high in fiber, perfect for breakfast or snack.