VEGAN
100 % RAW
CARROT CUPCAKES
WITH
LEMON FROSTING

Ingredients for 9-10 cupcakes

Carrot base
- 200 g dates
- ca 200 g grated carrots (put aside 50g)
- 30 g pistachios
- 75 g walnuts
- 3 tbsp coconut oil
- coconut flakes
- 1/2 tsp cinnamon

Lemon frosting
- 150g cashew nuts (soaked in water at least 3 hours)
- 1 big lemon + lemon zest
- 2 tbsp agave syrup
- 1 tsp turmeric
- 3 tbsp coconut oil

1. Put the cashew nuts in hot water and let them soak over night or at least for 3 hours.
2. Grate the carrots (I took two big carrots) and put aside. Blend the walnuts and pistachios to a nut-flour.

3. Press out the lemon juice of one big lemon and grate the lemon zest.

4. Blend the cashew nuts to a cream. Add the lemon juice, lemon zest and agave syrup. Meanwhile meal the coconut oil over a water bath. Stir in turmeric for the right yellow color.

5. Gently add the melted oil to the cashew-lemon cream and stir it in until the mass is smooth and shiny. Put the divine lemon cream into fridge. (I made the lemon cream first, so it can calm in the fridge and get the perfect consistence for a frosting).

6. Blend the dates to the consistence of a date-paste.

7. Take 150g of carrots and mix them with the nut-flour. Then add this carrot-nuts-mix to the date paste and blend it with the hand blender gently. Add cinnamon.

8. When the mass is even add the 50g fresh grated carrots, which you put aside and stir it in by hand. Melt the coconut oil on a water bath. Stir the coconut oil in by hand, mixing all together gently until the mass is shiny.

9.

9. Form balls from the carrot-dough and give them into the cupcake cases.

10. Put the lemon frosting into the icing-bag and portion it on each carrot-cupcake.

Enjoy the incredible yummy, vegan, 100% raw healthy lemon cupcake.

I hope you enjoyed my recipes. Give me a feedback if you liked it and connect with my on my blog! I would love to meet you!
Stay healthy, honey!
Loveeeeee,
Olga

Chirkolateur

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