

Rainbow Carrot Omega Cake with Goat Cheese Frosting

PREP TIME: 20 mins

TOTAL TIME: 60 mins

Servings: 8-10

Ingredients

Cake

1 1/2 cup white whole wheat flour

1/4 cup coconut flour

2 tsp baking soda

1 tsp cinnamon

1/2 tsp allspice

4 Tbsp ground flax seed + 1 additional Tbsp reserved for middle layer of frosting

12 Tbsp warm water

1/2 cup honey

1/4 cup + 2 Tbsp pure maple syrup

2 Tbsp molasses

1/2 cup melted coconut oil

3 cups carrot shavings (we used rainbow carrots-purple, yellow, & orange)

Frosting

3/4 cup thick vanilla Greek yogurt (we used Siggi's 4% fat)

3/4 cup soft goat cheese

3 Tbsp honey

2 Tbsp coconut butter, melted

1/2 vanilla bean, inside scraped out

Candied Nut/Seeds

1/2 cup walnuts

1/8 cup chia seeds

1 Tbsp honey

Sprinkle of sea salt

1. Preheat oven to 375 degrees. Prepare 2, 9" round cake pans with a parchment lined bottom and make sure to oil the sides of both pans.
2. Using a food processor, or this can be done by hand using a large grater, process or shave carrots until you have ~3 cups of shavings. In a large bowl, sift white whole wheat flour, coconut flour, baking soda, cinnamon, and allspice and set aside.
3. Combine ground flax seed and warm water and whisk until fully combined. Allow flax and water mixture to sit for a few minutes to thicken.
4. In a separate bowl, combine honey, maple syrup, molasses, coconut oil, and thickened flax mixture. Add liquid ingredients to dry ingredients and stir until just combined. Add carrot shavings to the bowl and again mix until just combined. Avoid over mixing the batter. Pour batter into prepared pans and place on middle rack of the preheated oven. Bake for ~40 minutes or until a toothpick comes out clean. Allow cake to fully cool before removing from the pans.
5. In a small sauce pan on medium heat, combine walnuts, chia seeds, honey, and sea salt. Stir mixture until lightly toasted, take off the heat and set aside.



6. To make the frosting, using a standing mixer or hand held mixer, combine yogurt, goat cheese, honey, coconut butter, and vanilla bean. Mix on high until light and fluffy and set aside.

7. To assemble the cake, carefully invert one cooled cake onto cake stand. Spread half of the frosting on top of the cake then sprinkle with 1 Tbsp ground flax seed. Carefully invert second cake on top of the first cake, then finish frosting the top of the second cake. Sprinkle with cooled candied nut/seed mixture, serve, and enjoy!