

# Sweet Spiced Carrot Loaf with Maple and Peanut Frosting

*As served by Sarah at a High Aspirations event*

## INGREDIENTS (Serves 8)

### Loaf:

1/2 C macadamia oil  
4 free range eggs  
1/4 C honey  
1 tsp vanilla extract  
2 tsp bicarb soda  
1 tsp ground turmeric  
2 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/4 C chia seeds  
1/4 C dates pitted and chopped  
1 1/2 C grated carrot  
1/3 C shredded coconut  
1/2 C coconut flour

### Frosting:

2 Tbsp natural peanut butter  
1 1/2 Tbsp maple syrup  
1 Tbsp almond milk

## METHOD

Preheat oven to 170°C and line loaf tin with greaseproof paper.

In large bowl whisk together oil, eggs, honey, vanilla, bicarb and spices until creamy. Add chia seeds, dates, carrot, coconut and coconut flour mixing well to combine.

Pour into loaf tin and place in middle of oven to cook for 1 hour. Check with skewer after an hour and if comes out clean remove from oven. If skewer not clean then leave in oven a bit longer (5-10 mins) and re-check.

Once cooked allow to cool in tin for 20 mins then transfer to wire rack to cool completely.

While cooling make frosting by whisking ingredients in a bowl.

Once loaf is cooled drizzle frosting over the top, garnish with additional walnuts and coconut flakes. Slice and serve, or keep in the fridge for up to a week.

