**Carrot Cake***This is a moist high protein healthy dessert that can be served as a cake of muffin snack.*

**Ingredients**

* 3 cups [blanched almond flour](http://www.shareasale.com/r.cfm?b=215045&u=412167&m=25930&urllink=&afftrack=" \t "_blank" \o "purchase blanched almond flour)
* 2 teaspoons  [sea salt](http://www.amazon.com/gp/product/B000EITYUU?ie=UTF8&tag=elanaspantryc-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=B000EITYUU" \t "_blank" \o "purchase celtic sea salt)http://www.assoc-amazon.com/e/ir?t=elanaspantryc-20&l=as2&o=1&a=B000EITYUU
* 1 teaspoon baking soda
* 1 tablespoon cinnamon
* ½ teaspoon nutmeg
* 5 eggs
* 1 ½ cup pure cane sugar
* ½ cup [grapeseed oil](http://www.amazon.com/gp/product/B004T3AM02/ref=as_li_ss_tl?ie=UTF8&tag=elanaspantryc-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=B004T3AM02" \t "_blank" \o "purchase grapeseed oil)http://www.assoc-amazon.com/e/ir?t=elanaspantryc-20&l=as2&o=1&a=B004T3AM02
* 3 cups carrots, grated
* 1 cup raisins (optional)
* 1 cup walnuts (optional)

**Directions**

1. In a large bowl, combine almond flour, sugar, salt, baking soda, cinnamon and nutmeg
2. In a separate bowl, mix together eggs and oil
3. Stir carrots, raisins and walnuts into wet ingredients
4. Stir wet ingredients into dry
5. Place batter into 2 well greased, [round 9-Inch cake pans](http://www.amazon.com/gp/product/B000F741VM?ie=UTF8&tag=elanaspantryc-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=B000F741VM" \t "_blank)http://www.assoc-amazon.com/e/ir?t=elanaspantryc-20&l=as2&o=1&a=B000F741VM or muffin
6. Bake at 325° for 35 minutes/ 20 for muffins
7. Cool to room temperature and spread with cream cheese frosting with coconut sprinkles
8. Serve

**Dairy Free Cream Cheese Frosting with Coconut Sprinkles***It’s your choice-this can be made with real cream cheese or Tofutii non Dairy cream cheese. It was a hit with my kids !*

**Ingredients**

* 8 oz cream cheese or Tofutti (find at Whole foods)
* 4oz butter or Earth Balance non- dairy butter spread
* 1 tsp vanilla
* 1 box powdered sugar
* ½ cup unsweetened coconut flakes

**Directions**

Mix together and spread on top of cake or cupcakes.