

# Sweet Potato Carrot Cake



# Sweet Potato Carrot Cake

Sweet potato cake, anyone? Paired with brown-butter frosting, it's actually never enough! It also satisfies a sweet tooth in a much more delicious way.

Meet this: a healthier carrot cake that's made with sweet potato instead of flour! It's paleo-friendly, grain-free and ever so delicious. Sweet potato is a great source of fiber, resistant starch and antioxidants that promote the growth of good gut bacteria, which contributes to a healthier gut.

We use sweet potato both in the batter and for the frosting. And if you think it's a bit too much, you'll be surprised to learn that it's actually never enough! Once you have the first slice and experience the tenderness of this perfectly-spiced, moist cake, you'll demand a second!

For this cake, you can make a classic cream cheese frosting or Cashew Vanilla Cream, for example. Or just stick to the recipe and make our delicious brown-butter sweet potato frosting!





## Ingredients:

### For the batter:

- 350 g sweet potato
- 300 g carrots
- 4 eggs
- 150 g almond flour  
*you can use all purpose flour as well*
- 5 tbsp cornstarch
- 1 orange
- 120 g brown sugar
- 1 tsp baking soda
- 2 tsp baking powder
- ½ tsp nutmeg
- 2 tsp cinnamon
- 1 tsp powdered ginger
- ½ tsp salt
- 60 g raisins
- 50 g walnuts

### For the frosting:

- 360 g white sweet potato
- 100 ml maple syrup  
*or honey*
- 100 g butter  
*use vegan butter if dairy free*
- 120 g yogurt  
*or dairy free yogurt of choice*
- 1 tbsp lemon juice
- 2 tsp lemon zest
- 1 vanilla pod
- ¼ tsp salt
  
- or*
- 1 package cream cheese
- honey to taste
- lemon zest & juice

# Method

**Make the frosting:** Boil the white sweet potato first.

**Next, melt the butter:** Dice into large cubes and transfer it into a sauce pan. Cook over medium heat for about 4 minutes, swirling often and scraping bottom of the pan with a spoon or spatula, until the butter foams and then browns.

**Browning is optional;** you may choose to simply melt the butter before moving on to the next step, which is also optional: Add seeds from the vanilla pod and allow the butter to be infused with vanilla flavor for another 5 minutes.

Now drain the sweet potato and add them to a food processor along with the (browned) butter, maple/honey, yogurt, lemon juice and zest. Lastly, add salt. Blend until nice and creamy. Give it a taste and add more sweetener or lemon juice if needed. Transfer the mixture to a bowl/food container and pop it in the fridge to set.

**Preheat the oven** to 350°F/180°C. Line the bottom of two 8in/20cm cake pans with parchment paper. It's also worth it to cover all sides of the pans with parchment to totally avoid sticking; after all, no one likes sticking!

BY WABI SABI



**Make the batter:** Add sweet potatoes for the cake in the same food processor (you don't have to wash it up), and process until they reach the consistency of fine rice. Then add eggs, spices, tapioca starch, almond flour, brown sugar, baking soda, baking powder, orange juice and zest. Blend to combine.

Grate the carrots and chop up the walnuts. Add them to the batter along with raisins and mix in with a spoon or spatula.

**Divide cake** batter between the two (2) cake pans and bake for about 70 minutes until golden on top. You will know the cake is finished when a toothpick inserted into the center comes out clean. Allow cakes to cool before frosting.

**Assemble and frost cakes:** Cover the first one with the brown-butter mixture. The frosting should be nice and thick. If not, pop it in the freezer for 10 minutes to thicken up. Be sure to cover both the top and the sides with frosting, and then add the next cake on top. Similarly frost the top layer. We also usually add some swirls on top and around the cake just for fun! Slice and enjoy.

### **Quick Cream Cheese Frosting**


*For a simpler frosting option, just blend 1 package of your favorite cream cheese with honey to your liking. Feel free to mix in a bit of lemon zest and juice as well.*



---

BY WABI SABI

---



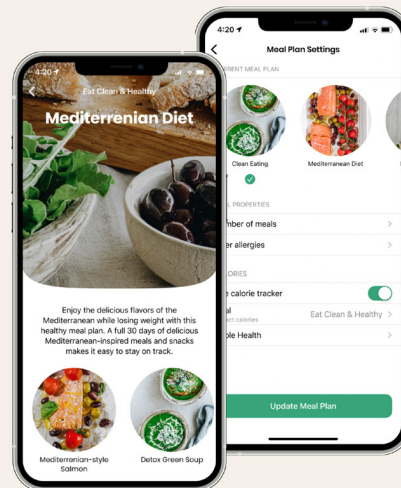
*Click for  
the recipe  
on my App!*

# For more delicious recipes – check out my wellness app [Greeny!](#)

Whether you want to tone up or lose weight, are vegan or eat everything, or just want to eat clean and healthy, Greeny can be personalized to work for you.

## DELICIOUS MEAL PLANS YOU'LL ACTUALLY LOVE

*Convenient breakfast,  
lunch & dinner ideas, all  
dietitian-approved.  
Wholesome recipes for all  
family members. Gluten-  
free, vegetarian, vegan &  
pescatarian options.*



## DAILY AFFIRMATIONS

*Start your day with  
positive affirmations and  
notice the difference it  
makes. Affirmations give  
you motivation and  
awareness, empower you  
to direct your own  
thoughts, and simply  
make you happier day by  
day.*

## MY COZY MONTH OF ART AND FALL BAKING | SLOW LIVING SILENT VLOG #5

*Welcome to a heartfelt journey  
through my slow living autumn days  
in this cozy inspiration video! 🍂*

