p.(334) 584-7875
f. (334) 584-7078
www.organicsproutedflour.net
toyourhealth@mon-cre.net

To Your Health Sprouted Flour Co.
1138 Highway 82, Fitzpatrick,
Alabama 36029

Delicious Carrot Cake

- 4 pastured or organic eggs
- 2 cups maple sugar (or your choice)
- 1 cup coconut oil, melted
- 2 cups sprouted wheat flour
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- ½ teaspoon aluminum-free baking powder
- 2 teaspoons ground cinnamon
- 2 cups organic carrots, grated

Beat eggs until fluffy; add sugar gradually. Pour oil into sugar mixture slowly; beat well. Sift dry ingredients together. Add to batter in 3 additions; beat well after each. Fold in carrots. Pour into 3 well-buttered 9" layer pans. Bake at 350 degrees for 35 minutes. Let cool 5 minutes and turn out onto a cooling rack. Let cool completely and ice.

To prepare the icing, follow the list below:

- 1 8-oz. package cream cheese
- 5 tablespoons butter, softened
- 1/3 cup rapadura or maple sugar
- 1 teaspoon vanilla

Using an electric mixer beat the cream cheese and butter together until light and creamy. Add the vanilla and blend. Add the sugar slowly to blend, and then mix on high until the sugar has dissolved and the frosting is light and smooth. Spread between cooled cake layers and on top and sides.