

# Gluten Free Carrot & Walnut Cake



## Serves 8–12

vegan and gluten-free margarine,  
for greasing  
225 g/8 oz gluten-free  
self-raising flour  
2 tsp gluten-free baking powder  
115 g/4 oz brown sugar  
2 tsp ground cinnamon  
1 tsp ground nutmeg  
85 g/3 oz walnuts, roughly chopped  
225 g/8 oz carrots, grated  
125 ml/4 fl oz maple syrup  
125 ml/4 fl oz rapeseed oil  
115 g/4 oz vegan and gluten-free cream cheese  
55 g/2 oz vegan and gluten-free margarine  
225 g/8 oz vegan and gluten-free icing sugar



Recipe from  
'Vegan & Gluten-  
Free Baking' part of  
Parragon Books' range  
of Love Food cookbooks:  
[www.parragon.com/  
lovefood](http://www.parragon.com/lovefood)

- 1** Preheat the oven to 160°C/325°F/Gas Mark 3. Grease an 18-cm/7-inch round, loose-based cake tin and line with baking paper.
- 2** Sift the flour and baking powder into a large mixing bowl. Stir in the sugar, cinnamon, nutmeg and walnuts and mix well.
- 3** Stir the carrots into the dry ingredients, along with the maple syrup and rapeseed oil, and mix well.
- 4** Spoon the mixture into the prepared cake tin, smooth the top with a rubber spatula and bake for 1 hour, or until a skewer inserted into the centre of the cake comes out clean. Leave the cake in the tin to firm up for 10 minutes, then transfer to a wire rack and allow to cool completely before frosting.
- 5** To make the frosting, beat the cream cheese, margarine and icing sugar together until smooth. Spread the filling generously on the top of the cake, and on the sides too if you like. Leave to set before serving.

For more information go to [vegansociety.com](http://vegansociety.com). Our website provides all of the resources needed to make the transition to a vegan lifestyle. Discover more great recipes, find out more about veganism, and begin your vegan journey today!

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### The Vegan Society

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