

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. 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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