



## Carrot Cake

½ cup butter, melted  
½ cup coconut milk  
12 eggs  
1 tsp. vanilla  
1 cup sugar  
1 tsp. salt  
1 ½ tsp. ground cinnamon  
1 tsp. ground nutmeg  
½ tsp. ground cloves  
1 cup sifted coconut flour  
1 tsp. baking powder  
2 cups finely grated carrot  
½ cup nuts, chopped  
Frosting

Combine butter, coconut milk, eggs, and vanilla. In a separate bowl mix together sugar, salt, and spices; stir into wet mixture. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Fold in carrots and nuts. Pour batter equally into 2 greased 8 or 9x1 ½ inch layer cake pans or 9x9x2-inch pan. Bake at 350 degrees F (175 C) for 35-40 minutes or until knife inserted into center comes out clean. Cool. Cover with frosting of choice.

### **Reduced Sugar Carrot Cake**

Make Carrot Cake as directed but reduce sugar to 1/3 to ½ cup depending on desired sweetness, add 3 teaspoons powdered or liquid stevia, and increase coconut milk to ¾ cup plus 2 tablespoons. If using liquid stevia, add it to the wet ingredients. If using powdered stevia, combine it with the coconut flour before mixing it into the wet ingredients. Bake at 350 degrees F (175 C) for 40-45 minutes or until knife inserted into center comes out clean. *Compliments of Dr. Bruce Fife, N.D.*

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*Life is short. Drink it in.*



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