Carrot Cake

¼ cup (3 tbsp) flax meal mixed with ¼ cup water
½ cup raisins soaked in ½ cup water
2 cups coconut flour
3 eggs
½ cup melted coconut oil
2 tsp baking powder
2 tbsp vanilla extract
2 cups water
2 cups grated carrots
1 tsp cinnamon
8 tbsp xylitol sugar
1 tsp sea salt
1 tsp apple cider vinegar

- Preheat the oven to 350 degrees Fahrenheit /180 degrees Celsius. Grease a baking tin (8 inches x 2 inches deep).
- Soak the raisins in warm water for 30 min.
- Beat the eggs with sugar and add oil and vanilla. The mixture should be of a smooth, creamy consistency. Stir in the grated carrots and transfer into a food processor.
- Add the coconut flour, cinnamon, salt, and baking powder and mix well in the food processor, using the dull plastic blade for batter.
- Mix in the flax meal and the raisins with the water and apple cider vinegar (you can mix these ingredients by hand). You should have a smooth cake batter. If the batter is too thick, add a little more water.
- Fold the cake batter into a deep baking tin lined with parchment paper.
- Bake in the preheated oven for 50-60min. Check if the cake is ready by inserting a toothpick in its centre (if it is ready, the toothpick should come out clean).

Glazing:
1 tbsp ground arrowroot
2/3 cup of water
1 tbsp honey

- Mix the arrowroot powder with just a little cold water so it creates a smooth paste. Then gradually add the rest of the water, achieving a smooth liquid consistency.
- Bring the mixture slowly to a boil, stirring constantly. The mixture should become thick.
- Take the glaze mixture off the heat, let cool off some and stir in the honey.
- Spread the glaze on top of the cake and leave it to cool down.
- Remove the cake from the tin and enjoy. This recipe yields up to 8 slices. You can eat it as dessert or a snack.