

APPLE, COCONUT AND CARROT CHOCOLATE PLUMCAKE

Apple, coconut and carrot cake is a quick, easy, delicious recipe.

The uniqueness of this simple dessert is within everyone's reach with its unusual combination of ingredients: apples, coconut and carrots. One last creative touch makes this dessert spectacular: a white chocolate and hazelnut coating wraps the cake, which becomes not only a breakfast cake, but also an excellent idea for a snack or a dinner with friends. This recipe is even gluten-free: instead of common Italian 00 flour, we use potato starch.



INGREDIENTS:

75 g / 2¾ oz grated apples
82 g / 3 oz grated carrots
105 g / 3¾ oz potato starch
75 g / 2¾ oz sugar
6 g / ¼ oz baking powder
18 g / 2/3 oz coconut flour
50 g / 1¾ oz egg
80 g / 2¾ oz seed oil
 Vanilla pod
 Half a grated lemon
 white chocolate Emilia as needed
 extra dark chocolate Emilia as needed
 Hazelnuts to taste



Difficulty
EASY



Preparation
50 min



Portions
6

1

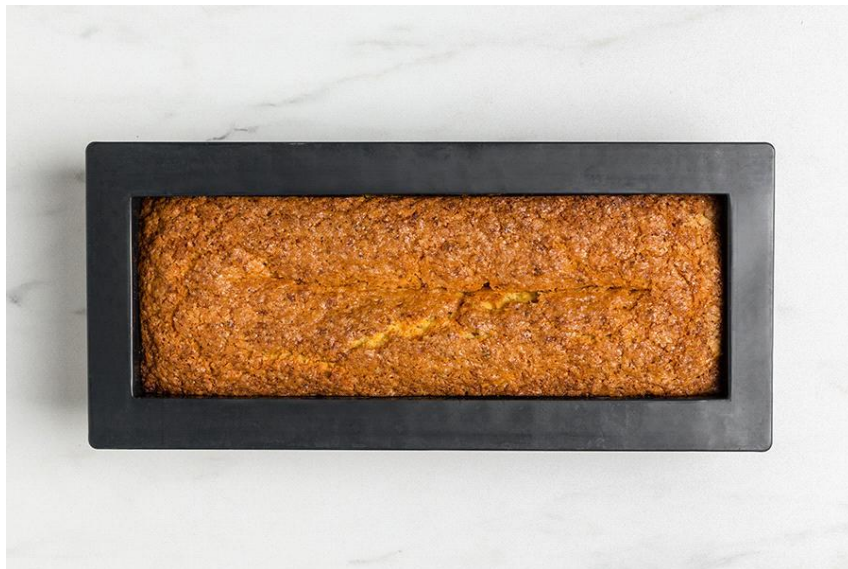
To prepare an apple, coconut and carrot cake, start by mixing grated apples and carrots. Stir in potato starch, sugar, baking powder and coconut flour. Add eggs, seed oil, vanilla pod and lemon to the mixture. Mix everything well, and pour into a greased, floured cake pan.

TIP

For an equally satisfying taste, replace coconut flour with almond or hazelnut flour.



- 2** Bake for 35 minutes at 175 °C / 347 °F. Before taking out of the oven, do the toothpick test: it should come out dry. Leave to cool.



- 3** Turn cake out of pan and coat: melt white chocolate in a double boiler or microwave. Decorate the surface with hazelnuts and pour chocolate all over until completely covered. Leave to cool in the fridge. Before serving, dip the tines of a fork in dark melted chocolate and make some streaks.

