

Catherine Carrigan's Raw Food Carrot Cake



In honor of our Natural Vision issue, I'm sharing my recipe for a really delicious way to include the great eye food carrots in your diet. Nobody complains about giving up wheat or dairy when they tuck into this confection! Choose all organic ingredients.

Crust:

- 1 cup sunflower seeds
- 1 cup almonds
- 2 cups raisins

How to make the crust

Put nuts in food processor. Chop. Add raisins until the crust sticks together. Pat in the bottom of individual containers - I make this in individual Tupperware - or in a large flat ceramic dish.

Carrot Cake Layer

- 6 large carrots, peeled
- 3 ounces dried pineapple
- 2 tablespoons cinnamon powder

If you can't find dried pineapple at your health food store, you can order it directly from www.justtomatoes.com This comes in a small tub for about \$6. Peel and wash the carrots, chop in food processor. Then add dried pineapple and cinnamon. Spread the carrot cake layer on top of the crust.

Icing Layer:

- 2 cups pine nuts
- 1 cup lemon juice
- 2 cups coconut dates

Pine nuts make this icing fluffy! Ahead of time, juice a bag of organic lemons in your juicer. Do not peel the lemons - pectin is good for your liver. Simply wash the lemons,

cut off the ends, and run through your juicer. Coconut dates are pressed, soft dates that have been rolled in coconut. We find them in Atlanta at Life Grocery. You can purchase them online at www.nutsonline.com.

Chop the pine nuts first in your food processor. Add lemon juice. Add the coconut dates one at a time until the icing becomes fluffy. Spread on top of your gorgeous carrot cake.