

Low FODMAP Carrot Cake with Walnuts & Linseeds

Serves: One 25cm cake / 20 cupcakes Prep: 20 minutes Cook: 30-50 minutes



Ingredients	Metric	Imperial
3½ carrots, medium (topped, tailed and scrubbed)	410 g	14.5 oz
2¼ cups walnuts, roasted	250 g	8.8 oz
Pineapple, finely chopped	143 g	5 oz
Teff flour	150 g	5.3 oz
1 tsp xanthan gum (optional)	2 g	0.07 oz
3 tsp baking powder	9 g	0.3 oz
½ cup oat bran	50 g	1.8 oz
½ cup linseeds (flax seeds)	80 g	2.8 oz
2 eggs, large	117 g	4.1 oz
1 cup raw sugar	190 g	6.7 oz
1 small pinch salt		
1 vanilla pod (scraped out seeds) (½ tsp seeds)	4 g	0.14 oz
¾ cup canola oil	160 g	5.6 oz
½ cup low-fat milk (lactose-free if required)	127 g	
Walnut halves to top cake	40 g	1.4 oz

Method

1. Preheat oven to 160°C/320°C (175°C/347°C if not fan forced).
2. Grease 25cm round cake tin/ line with baking paper OR grease 20 large muffin cases.
3. Roughly chop walnuts.
4. Grate or blitz carrots in a food processor until they are grated texture (not too fine).
5. Place eggs, sugar, vanilla seeds, salt and oil in bowl and whisk for ~2 minutes.
6. Sift flour, xanthan, baking powder into a large bowl and add linseeds and oat bran. Combine well.
7. Add walnuts, pineapple and carrots and mix until thoroughly combined.
8. Carefully fold in enough milk to make a batter (not too sloppy or stiff).
9. Pour into the cake tin, or muffin cases and top cake(s) with walnut halves.
10. Bake for ~ 50 minutes (the cupcakes will take about 30 minutes). Cool on a rack

Hints

- Use roasted sunflower seeds or pumpkin seeds for a nut-free version
- Instead of walnuts, substitute pecan nuts
- Use tapioca or maize flour instead of teff
- Spice it up! Try adding a teaspoon of cinnamon and/or cardamom
- An easy way to evenly portion cup-cakes is to use an ice cream scoop that has a bale
- To test that the cake(s) are ready insert a skewer, it should be clean when removed
- Freeze cup-cakes or slices in airtight bags or containers
- For special occasions ice with cream-cheese frosting (use lactose free cream cheese if required).

Nutrition Information (per serve)	
Energy	1414 Kj / 338 cal
Protein	6.70g
Carbohydrates	23.60g
Sugar	15.30g
Total Fat	23.80g
Saturated Fat	1.90g
Fibre	3.90g