

## **Cole's Moveable Feast Carrot Cake (Regular and gluten-free)**

If you're making this egg-free, you'll need to strain a can of organic chickpeas to make aquafaba. I like [Wegmans](#) organic chickpeas (garbanzo beans) best because they don't have a strong flavor. Open the can, strain the juice through a small fine-mesh strainer (like a tea strainer) into a measuring cup. Set aside the chickpeas for another use. Rinse the strainer, then strain the liquid AGAIN into a jar with a lid. This will keep in your fridge for about three days. Make your egg substitute for this cake first (see below) and set it aside while you make the rest of the cake batter.

If you ARE using eggs, here's a tip: when you're using such expensive ingredients, it sure is upsetting to accidentally drop an egg, shell and all, into the mixing bowl and watch it get chopped up into the batter. (I've learned this lesson the hard way, more than once!) Crack all your eggs into a large pourable measuring cup first, then you can pour them into the batter in a controlled way.

Spray two 9" round pans with non-stick spray, line with parchment and spray again. Set aside, and preheat oven to 350 degrees.

### INGREDIENTS

3 ⅓ cups all-purpose flour or gluten-free flour blend like [King Arthur](#)

2 ¼ cups granulated sugar

Scant ¾ cup brown sugar

3 tsp baking soda

3 tsp baking powder

¾ tsp salt \* only if using eggs. DO NOT USE SALT if using aquafaba

3 tsp cinnamon

1 ½ cups canola oil

6 eggs

(or 6 Tbsp canned pumpkin, 6 Tbsp aquafaba, 4 Tbsp water, 2Tbsp apple cider vinegar, 3 tsp ground flaxseed meal, 3 tsp [Namaste](#) or [Ener-G](#) egg replacer)

1 ½ Tbsp vanilla extract

3 cups shredded carrots (hello, food processor!)

¾ cup canned crushed pineapple, drained & squeezed between two paper towels

¾ cup shredded coconut

Optional 1 ½ cups chopped walnuts or pecans

## DIRECTIONS

In a stand mixer, mix together flour, sugars, baking soda, baking powder, salt (if using) and cinnamon. Add in oil, eggs (or egg substitute mixture), vanilla extract, shredded carrots, pineapple and coconut, and mix until just combined. Fold in nuts if using. Divide batter evenly into prepared pans. Bake for 25 to 35 minutes until a toothpick inserted into the middle comes out clean. It may take longer to bake, as this cake is very moist, especially if you're making it egg-free. Check it every five minutes beginning at 25 minutes, it can sometimes take up to 40 minutes.

## CREAM CHEESE FROSTING

Beat together:

2 sticks unsalted butter or dairy-free margarine, softened

2 eight oz. packages cream cheese, softened

Slowly add until smooth:

5 cups Confectioners sugar

1 tsp vanilla extract

Zest of one orange