

DESSERT

Makes: 12

Glycemic Load: 8



Ingredients: Icing

- 1 cup low-fat cream cheese
- 1 cup Greek yogurt
- ¼ cup low GI cane sugar

Blend together the following ingredients and refrigerate while the cake is baking:

Method:

Preheat oven to 180°C.

Sift together into a mixing bowl the dry ingredients and set aside. Mix together the eggs, butter, apple sauce, milk, sugar and vanilla essence.

Fold the flour mixture into the egg mixture. Add the final 3 ingredients.

Line a 9x13 baking dish with baking paper

Pour in mixture and bake for 45-55 minutes until a toothpick comes out clean when inserted. Cool before icing.

Garnish and decorate top with chopped nuts.

Gluten Free Carrot Cake

Ingredients: Cake

- ¾ cup [chickpea flour](#)
- ¾ cup [coconut flour](#)
- 2 tsp [cinnamon](#)
- 2 tsp [baking soda](#)
- ½ tsp Salt
- 3 eggs
- ½ cup melted butter
- ¼ cup unsweetened apple sauce
- ½ cup trim milk
- ½ cup low GI cane sugar
- 2 tsp vanilla essence
- 1 cup unsweetened crushed pineapple, well drained
- 2 cups carrots, grated
- ½ cup pecans or walnuts, chopped (plus extra for garnish)