

Carrot Christmas Pudding

Yield: 4 min
Total Time: 195 min

Recipe from: <https://www.recipeschoose.com/recipes/apple-christmas-pudding-recipe>

Ingredients:

- 1 cup carrot grated raw
- 1 cup potato grated raw
- 3/4 cup apple grated raw
- 1/2 cup butter or ghee melted
- 1/2 cup coconut palm sugar
- 2/3 cup almond flour
- 1/3 cup coconut flour
- 1/3 cup arrowroot flour
- 1 teaspoon baking soda
- 3/4 teaspoon fine sea salt
- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon ground nutmeg
- 1 cup gluten free bread crumbs soft
- 1 cup raisins
- 1/2 cup dates pitted and chopped
- 1/2 cup butter
- 1/2 cup coconut palm sugar
- 1/4 cup heavy whipping cream
- 1 teaspoon vanilla extract

Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 140 milligrams
4. Fat: 66 grams
5. Fiber: 9 grams
6. Protein: 8 grams
7. SaturatedFat: 38 grams
8. Sodium: 1130 milligrams

9. Sugar: 74 grams

Thank you for visiting our website. Hope you enjoy Carrot Christmas Pudding above. You can see more 19 apple christmas pudding recipe Delight in these amazing recipes! to get more great cooking ideas.