

# Whole-Grain Vegan Carrot Cake Loaf with Lemon Glaze

Yield: 10 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-snack-recipes>

## Ingredients:

- 1 1/2 cups grated carrot finely, unpacked
- 1 tablespoon ground flax seed
- 1/2 cup pure maple syrup
- 3/4 cup almond milk or other non-dairy milk
- 1/3 cup extra virgin olive oil light, or oil of choice
- 1 1/2 teaspoons pure vanilla extract
- 1/2 teaspoon apple cider vinegar
- 2 teaspoons grated lemon zest freshly
- 1 1/2 cups whole grain spelt flour
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup raisins soaked for 10 minutes & drained
- 1/4 cup walnuts chopped
- 1/2 cup icing sugar whisked with 1 tbsp fresh lemon juice, or to taste

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 25 grams
3. Fat: 10 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 250 milligrams
8. Sugar: 20 grams

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