



RÜBLIKUCHEN (SWISS CARROT CAKE)

INGREDIENTS

3/4 cup (100g) finely shredded carrots

1/4 cup honey

1 tsp fresh squeezed lemon juice

1 tsp vanilla extract

pinch of cinnamon

3 eggs

1 1/2 cups almond flour (I use a mix of half almond flour and half almond meal)

1/2 tsp baking soda

2 tbsp coconut flour

1/8 tsp sea salt

lemon frosting

optional: 3 tbsp apricot jam (this is not SCD legal! I introduced it after my symptoms had subsided)

INSTRUCTIONS

Preheat the oven at 350°F/180°C

Separate the eggs.

Add the egg yolks, shredded carrots, honey, vanilla extract, cinnamon, and lemon juice to a mixing bowl. Stir until well combined. Add the almond flour and baking soda and stir once more until evenly combined.

Place the egg whites with the salt in a large mixing bowl or the bowl of a stand mixer. Using a hand mixer or the whisk attachment beat the egg whites until stiff peaks form.

Add the egg whites to the dough and using a wooden spoon, carefully fold the egg whites into the batter until evenly combined.

Add the dough to a greased 9" deep baking dish or springform.

Bake at 350°F/180°C for about 35 minutes until a wooden skewer inserted into the dough comes out clean.

Remove from the oven and let cool.

optional: Using a paring knife score the entire outside edge of the cake halfway up the side. Then take a 20" piece of strong sewing thread and insert it into the cut on the far end. Pull on both ends of the thread horizontally all the way towards you until it is released. Carefully remove the top, making sure not to rotate it so you can reposition it in the exact same spot. Spread 3 tbsp of apricot jam onto the lower layer, then return the top part.

Cover with lemon frosting.

Guten Appetit!