

Flavors that go well with Carrots. Make your own recipe...

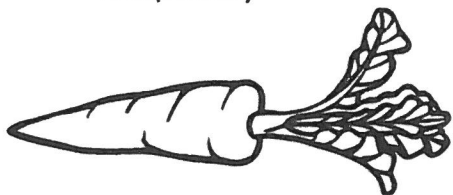
Foods that work well with carrots...almonds, bacon, beef, butter, celery chicken, chile peppers, cod, cream, hazelnuts, honey, lamb, lemon, maple syrup, olive oil, onions, orange, peas, pecans, pistachios, potatoes, raisins, meats, scallops, shallots, spinach, stock – chicken and vegetable, turnips, root vegetables, walnuts, yogurt. Herbs and spices that work well with carrots...allspice, basil, bay leaf, chervil, chives, cilantro, cinnamon, cloves, coriander, cumin, curry, dill, fennel seeds, garlic, ginger, lemon balm, lemon verbena, lovage, mace, mint, mustard, nutmeg, parsley, pepper, rosemary, savory, tarragon, thyme. (Source: *The Flavor Bible*, by Karen Page and Andrew Dornenburg)

Can I use the carrot tops? Yes. They are bitter and contain some plant components similar to nightshades so avoid them if you avoid nightshades. Cooking the carrot tops can neutralize some of this effect.

Carrot Coconut Cake

Ingredients:

- 1 cup grated carrots
- 1 cup almond flour or finely ground almonds
- ½ cup coconut flour
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract
- ¼ cup dried currants
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1/3 cup melted coconut oil
- 2 large eggs
- ¼ cup honey



Instructions:

Mix together almond flour, coconut flour, baking powder, and salt in large bowl. Mix together eggs, honey, vanilla extract, almond extract, coconut oil. Mix egg mixture with almond flour mixture and stir in grated carrots and currants. Grease small baking dish with coconut oil and preheat oven to 350 degrees. Pour batter into prepared baking dish. Bake at 350 degrees for 15 – 20 minutes. Cake is done when springy to touch and a little brown.

Health Benefits: Ground almond flour and coconut flour add fiber to help balance blood sugar. Coconut oil is a stable oil for baking, and it contains lauric acid for supporting the immune function and healthy weight.

Carrots, what's in it? In a one cup serving of carrots...

53 kilocalories of energy

1.3 grams of protein

12.37 grams of carbohydrate (cho)

3.66 grams of fiber

8.71 grams of net carbohydrate (cho minus fiber)

.23 grams of fat

Excellent source of vitamins A and K, very good source vitamin C, fiber and potassium. Good source of B vitamins (energy and liver support). Good source of magnesium – healthy muscle contraction, including the heart. Good source of folate, which prevents birth defects of the spine.

(Source: *World's Healthiest Foods* by George Mateljan)