

## **APPLE CARROT BREAKFAST CAKE**

(from *Simply Sugar and Gluten Free*)

2 cups sorghum flour  
1/2 cup palm/coconut sugar  
2 teaspoons baking soda  
2 teaspoons cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon kosher salt  
1 Tablespoon ground flax seed  
3 eggs  
2 apples, unpeeled, cut in wedges  
1 cup peeled and chopped carrots (about 3 medium)  
Optional toppings: Whipped Cream, Cream Cheese Frosting, Yogurt, Maple or fruit Syrup

Preheat the oven to 350°F. Grease an 8 x 8 baking pan.

Mix the 1 Tablespoon of ground flax seed with 2 Tablespoons of boiling water to make a slurry. Set aside.

In a large bowl, whisk together the sorghum flour, palm sugar, baking soda, cinnamon, nutmeg, and salt.

Combine the eggs, vanilla, apples, carrots, and flax seed slurry in a blender or food processor. If using the blender, start on a low speed and quickly increase to high until thoroughly mixed. If using a food processor, pulse many times until combined and then process until smooth. Batter will be thick.

Add the wet ingredients to the dry ingredients and fold them in with a rubber spatula until thoroughly combined. Pour the batter into the prepared pan and bake for 25 to 30 minutes, until a toothpick inserted into the center comes out clean. Let cool completely in the pan. Top with freshly whipped cream, cream cheese frosting, yogurt, or syrup.