



cara price

PUMPKIN SPICE CAKE WITH CREAM CHEESE FROSTING

INGREDIENTS

for the "cream cheese" frosting:

- 1 cup raw cashews {soaked for 1 hour in warm water}
- 1/2 cup palm oil shortening
- 1/2 cup maple syrup
- 1 teaspoon apple cider vinegar
- 1 teaspoon salt
- 1/2 teaspoon lemon juice

for the cake:

- 1-1/2 cups almond flour
- 1/2 cup + 2 tablespoons arrowroot flour
- 1 can {15oz} pumpkin puree
- 3 eggs
- 1/2 cup maple syrup
- 1/4 cup + 1 teaspoon avocado oil
- 1/4 cup coconut sugar
- 1 tablespoon vanilla
- 2 teaspoons cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

DIRECTIONS

preheat oven to 350.

use 1 teaspoon of the avocado oil to grease the bottom & sides of an 8x8 glass baking dish mix flours, coconut sugar, baking soda & all spices together in a medium bowl.

in a separate bowl, whisk together the pumpkin plus all the remaining wet ingredients & pour into the flour mixture. stir well.

pour cake batter into greased dish & bake 35-40 minutes.

once you put the cake in the oven, drain the cashews from the soaking water & place them in a high speed blender. add in maple syrup, palm oil shortening, apple cider vinegar, lemon juice & salt. turn the blender on high & blend until the cashews become creamy & smooth & completely mixed with all the other ingredients. {this will probably take about a minute, alternately, if you do not have a high powered blender, you can do this in a food processor, scraping the sides as necessary to blend}

once the cake is done, remove from oven & allow to cool in the pan, on a cooling rack for about 45 minutes then frost the cake with the "cream cheese" frosting.