

Carrot Cake

Ingredients:

- Bananas (2)
- Carrot (1 big one / 2 small)
- Plant-based milk (soy or oat) (1 cup)
- Oat flakes (2 cups)
- Vanilla extract (optional)
- Skyr or Greek/soy yogurt (optional)



Preparation

- Preheat the oven to 180°C.

Steps

1. Prepare the base.

Peel the bananas and mash them thoroughly in a large bowl or in the recipient you will use until smooth and creamy.

2. Add the dry ingredients.

Stir in the oat flakes and mix well so they are fully coated with the mashed banana.

3. Incorporate the carrot.

Peel and finely grate the carrot. Add it to the mixture and stir until evenly distributed.

4. Add the liquids.

Pour in the plant-based milk gradually, mixing as you go, until you obtain a soft but not too runny batter. Add a splash of vanilla extract if using, and mix well to combine.

5. Bake.

Bake for 30–35 minutes, or until set and lightly golden on top.

6. Cool and refrigerate.

Allow the cake to cool completely at room temperature. Then refrigerate it overnight to firm up and enhance the texture.

7. Serve.

The next morning, serve a slice topped with a layer of Greek yogurt or soy yogurt for a creamy and satisfying finish.