

OVEN 180 °C · BAKE 30-35 MIN · CHILL OVERNIGHT

PLANT-BASED RECIPES · Nº 04

Carrot cake

04

#vegetarian #meal-prep #sweet

INGREDIENTS

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

Before you start: *Preheat the oven to 180 °C.*

✂ CUT & KEEP

STEPS

1. **Prepare the base.** Peel the bananas and mash them thoroughly in a large bowl, or in the dish you will bake in, 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.

MY NOTES