

Delicious No-Sugar, No-Flour Oatmeal, Apple, and Carrot Cake Recipe



BEST COOK on JULY 6, 2024 – LEAVE A COMMENT



Are you looking for a way to indulge in a sweet treat without the added sugar and flour? Whether you're managing dietary restrictions or simply seeking a healthier dessert option, this oatmeal, apple, and carrot cake is a delightful solution that doesn't compromise on taste.

This cake is a fantastic choice for anyone looking to maintain a healthy lifestyle while still enjoying the pleasures of a homemade dessert. By using natural ingredients like oatmeal, apples, and carrots, this cake offers a bounty of nutrients without the need for processed sugar or flour. It's packed with fiber, vitamins, and natural sweetness, making it a guilt-free treat that's also satisfying.

Ingredients:

- 2 cups rolled oats, ground into flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp salt
- 3 large eggs
- 1/4 cup olive oil or melted coconut oil
- 1/4 cup honey or maple syrup
- 1 tsp vanilla extract
- 1 cup grated carrots
- 1 cup grated apple (about 1 large apple)
- 1/2 cup raisins or chopped nuts (optional)

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Enjoy!

