

Dr. Julia's Carrot Cake - Fancy name, I know.

Preheat oven to 350 degrees.

4 Tbsp melted Coconut Oil

4 eggs

1/4 cup honey (or [erythritol](#) if you are sugar sensitive - which is technically not Paleo)

1 1/2 cups blanched almond flour

1/2 cup unsweetened finely shredded (macaroon) coconut

1 tsp sea salt

1/2 tsp baking soda

1/2 Tbsp Saigon cinnamon

1/2 tsp nutmeg

1 1/2 cups shredded carrots

1/2 cup chopped dates (pulsed in food processor to little bits)

I'm admittedly lazy, so I just throw everything all in at once. In what, you ask? My Kitchen Aid mixer. Seriously, if you don't have one, either save up your allowance or use your stash or ask for one from your friends for your birthday and have them all go in together, because, man, they are expensive. Worth. Every. Penny.

Spray a glass 9x9 inch pan with this [spray](#). All other non-stick sprays will probably kill you.

Slap that batter into the sprayed glass pan and throw it in the preheated oven for about 20-25 minutes. Insert a toothpick in the middle and it's done when it comes out clean. Hard to believe it works for Paleo food too, huh?