

"Healthy Doesn't Have To Be Hard"

FUELLED Bermuda Group Cooking Demonstrations



Grocery List – Monday, September 21, 2020

Makes 2 8" cakes, or 1 2-layer cake.

Produce

4 cups of grated carrots

Plant Protein & Eggs

3 cups almond flour — plus additional for dusting pans

3 tablespoons of ground flaxseeds

5 large eggs (organic and pasture-raised is healthiest!)

Spices and Condiments **if you don't have organic, use what you have!*

½ cup virgin organic coconut oil for the cake + 2 tablespoons for the frosting

1 cup of honey or maple syrup + 5 tablespoons honey for the frosting

2 teaspoons pure vanilla bean powder (preferred) or organic vanilla extract (has alcohol in it, so I don't use this) + 1 teaspoon pure vanilla bean powder (optional) for the frosting

1 teaspoon baking powder

½ teaspoon baking soda

1½ teaspoons Himalayan Pink Salt

4 teaspoons ground cinnamon, or more to taste

1 teaspoon ground ginger

½ teaspoon pumpkin pie spice

Pinch ground cloves and/or nutmeg

Dairy

2 tablespoons Kerryland (brand) unsalted, grass fed butter – at room temperature

8 ounces organic cream cheese (if you can find organic, if not use regular and from the UK if you can)

