

ALYSSA'S EINKORN CARROT CAKE RECIPE

MAKES: two 9" pans

PREP TIME: 20 mins

COOK TIME: 30 - 35 mins

INGREDIENTS

- 3 eggs
- 2 cups of sugar or sugar alternative
- ¾ cups softened butter
- 1 Tbsp vanilla extract
- Juice of 1 orange
- 1 Tbsp warm spice (cinnamon/pumpkin spice mix/etc.)
- 3 cups stone ground Einkorn flour
- ½ tsp salt
- 1 tsp baking soda
- 1 Tbsp baking powder
- 2 Tbsp almond flour
- 3 cups shredded carrots
- 1 cup of walnuts or pecans (optional)

Cream cheese frosting:

- 8 oz package of softened cream cheese
- ½ cup softened butter
- 1 tsp vanilla extract
- 2-4 cups of powdered sugar
- Juice from ¼ lemon



MEET THE CHEF

This recipe comes to us from Alyssa, co-owner of Destination Dirt. Destination Dirt is where soil health reigns supreme. Where the goats roam and the chickens cluck. Where one can visit and feel at peace. In 2023, Alyssa Meade and Zach Rusk started the ecological agritourism business they had been dreaming of for years. Goats and sheep help maintain optimal functioning of the grasses and soil through intensive rotational grazing. Check them out on Instagram @destination.dirt or on Facebook: www.Facebook.com/thedestinationdirt and message to book a stay in their on-farm guest room or one of their camp sites!



DIRECTIONS

Preheat oven to 350 degrees. Prepare two 9" round pans with parchment paper lining or butter to prevent cake from sticking. Mix eggs and sugar in a large bowl. Add vanilla, butter, and orange juice until well incorporated. Mix dry ingredients in a separate bowl. Combine wet and dry ingredients. Add carrots and nuts (if desired). Bake for 30-35 minutes. Cool completely before frosting.

*Tip: Einkorn flour has a higher protein level and releases more liquid when baked. This makes the cake seem like it is finished before it is.

For the frosting:

Whisk butter and cream cheese until well incorporated. Add vanilla and lemon juice. Slowly add your desired amount of sugar. Frost cake when cooled.

MEET THE GRAIN

Einkorn is the most ancient variety of wheat- between 10,000 to 15,000 years old. Archaeologists believe that the first loaves of bread were made with it. It is named from the German words "ein korn" meaning "single grain". It is considered a "super food" due to being a rich source of beta carotenes, proteins, fiber, potassium and vitamin E. Many people with gluten sensitivities report being able to eat Einkorn without issues and it is believed this is due to the ancient gluten having a different molecular structure.

