



Heat oven to 350°. Grease two 8" or 9" cake pans, sprinkle with poppy seeds and set aside.

2 cups flour – whole grain pastry flour is what I use, but you could use anything

1 tsp salt

1 tsp baking powder

2 tsp cinnamon

½ cup toasted coconut – I use unsweetened organic; toast in skillet on stove top and be careful, once it begins to brown it burns quickly, keep moving it around to evenly toast it and don't make it too dark

1 cup walnuts – lightly toasted as above

¼ cup oil – you can use olive, canola or your favorite oil

3-4 eggs – if they're really large, use 3, if small to medium, use 4

1 cup buttermilk

½ cup honey

½ cup maple syrup (you could use 1 cup honey or 1 cup maple syrup if you prefer)

2 tsp vanilla

2½ cups grated carrots – approximately 6-8 carrots depending on size; I sometimes even go up to 3 cups; don't worry too much about exact measurements here

½ cup raisins – or omit if you don't like raisins

Mix dry ingredients in a small bowl and whisk wet ingredients in a large one. Add the carrots and raisins to the wet mixture, then stir in the dry ingredients. Do not overmix it; a few lumps are okay.

Butter or oil two 8" or 9" cake pans and sprinkle with poppy seeds along the bottom and sides of the pans. Pour batter evenly into the two pans and bake at 350° for 30-40 minutes until a toothpick inserted in the center comes out dry. In my oven it's usually done in 33-35 minutes.

This is moist and delicious even without frosting, but if you want to make it special, here's an easy and creamy topping:

1 stick softened unsalted butter

8 oz softened cream cheese (organic for both is best)

2 tbs honey

add some lemon or orange zest if desired and a bit of lemon juice to taste (or not)

Whip all ingredients together. Spread between layers and on top and sides of double layer cake.

Tip: I often cut this cake into pieces and freeze it so there's always a treat handy. It takes no time to defrost and probably will keep for a long time, although in my house it doesn't last long enough to find out how long its freezer life is. It's usually devoured within a week or two.