

Beet, Carrot & Apple Cake

Prep Time 15 minutes

Cook Time 40 minutes

Total Time 55 minutes

Servings 12 servings

Author Fraîche Nutrition

Ingredients for the Cake

- 1 cup grated carrots peeled
- 1 cup grated beets peeled
- 1 cup grated apple peeled
- 3 eggs well beaten
- 2/3 cup oil canola or olive oil
- 1 teaspoon vanilla
- 2 1/4 cups flour
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/4 teaspoon nutmeg
- 1 cup chopped walnuts (plus more for garnish, optional)

For the Spiced Glaze

- 1 cup sifted icing sugar
- 1/2 teaspoon vanilla
- 2-3 tablespoons milk
- 1/4 teaspoon nutmeg

Instructions

Preheat the oven to 350F and grease a bundt pan.

In a large bowl, mix together the carrots, beets, apple, eggs, oil, vanilla.

In a medium bowl, sift together the dry ingredients (all remaining ingredients except for the walnuts).

Stir the dry ingredients into the wet ingredients until well mixed and fold in the walnuts.

Pour the batter into the prepared pan and bake for approximately 40 minutes or until a toothpick inserted into the middle comes out clean. Invert onto a cooling rack and cool completely.

For the Spiced Glaze

Mix everything together, starting with 1 tablespoon of milk and gradually adding more until transformed into a thick glaze. You don't want a glaze that is too thin or it will run off the cake!

Pour over cake once it has completely cooled.