

# Vegan and gluten free carrot and fig cakes



- DIFFICULTY: Easy
- PREPARATION TIME: 10 min
- COOKING TIME: 30 min
- PORTIONS: 4 Mini cakes

## ***Introduction:***

The **Vegan and gluten free carrot and fig cakes** are excellent

cuddles to eat at any time of the day.

Rich in flavor, healthy and genuine!

Imagine waking up on a sunny morning, the fresh air enveloping your face, walk to the kitchen and find such a cute little cake for breakfast. Will you be able to resist? I really do not think so!

The orange of the carrots, the sweetness of the figs, the intoxicating smell of the spices and the crunchiness of the walnuts will be difficult to resist.

**These vegan and gluten free cakes, make it into my top 10 easiest recipes to make.** Made with simple ingredients that everyone will surely have at home. Spices, flour and fruit.

Put everything in a bowl and pour the dough into several molds or into a single mold and bake!

A great idea to start the day full of vitamins and taste.

What do you do? Turn on the oven and prepare the Vegan and gluten free carrot and fig cakes. To make them fresher, don't forget to stuff them with yogurt!

[Ingredients:](#)

[What do you need:](#)

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Ingredients:

200 g of Rice Flour

100 g of Buckwheat Flour

90 g of Coconut Sugar

1 sp of Apple Puree

Q.b Cinnamon powder

Q.b Ginger powder

Q.b Nutmeg powder

Q.b Vanilla powder

100 g of grated carrots

2 fresh Figs

60 g of chopped Walnuts

1 pinch of Salt

70 ml of Extra virgin olive oil

120 ml of Rice milk  
8 g of Cream of Tartar  
2 g of Bicarbonate

***Filling:***

Vegetable Greek yogurt to taste  
Fresh figs  
Grated carrots

What do you need:

Bowl

4 Hinged molds of 10 cm

Whip

Spatula

Baking paper

Grid for biscuits

Grater

Weight scale

Knife

Tips:

- Carrot and fig cakes can be stored in the refrigerator for 2-3, in an airtight container. Without filling even 4-5 days.
- You can freeze them without filling and when you want to eat them, just take them out the night before and reheat them in the morning.
- You can use any yogurt than do you like.  
If you don't have 10cm molds, you can use a single 20cm springform pan.
- The flours are replaceable with any gluten-free flour of

your choice. You can also use rice flour alone.

**Method:**

Preheat the oven to 180 degrees.

Pour all the dry ingredients into a bowl. Pour in the liquid ingredients and mix.

Grate the carrots and cut the figs into chunks, add them to the mixture, continue to mix with a spatula and pour the mixture into 4 10 cm springforms, covered with baking paper.

Cook for 30 minutes, when the surface is golden, do the toothpick test and if they are ready, take them out of the oven.

Let them cool completely before cutting them.

After the time has elapsed, cut the cakes into three parts and stuff each layer with vegetable yogurt. Grate some carrot on the surface and serve with slices of figs.

Your Vegan and gluten free carrot and fig tartlets are ready!