



German Carob Cake

by *BHHEC Kitchen*

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3 cups whole wheat flour
½ cup maple syrup
½ cup honey
2¼ cup water
1 tsp. Vanilla
½ cup carob powder
1 tsp. Salt
½ cup applesauce or oil (We use applesauce)
¼ cup Pero or other coffee substitute
2 Tbsp. Ener-G baking powder

1. Mix all ingredients together.
2. Pour into a well oiled or sprayed cake pan.
3. Bake at 350F for 25-30 minutes.
4. Remove from oven and allow to cool 15-20 minutes.
5. Top with Pecan Frosting.

Pecan Frosting:

1 cup maple syrup
½ cup water
1 cup coconut, toasted
1 cup pecans, chopped and toasted
½ tsp. Salt
2 Tbsp. cornstarch, mixed with 2 Tbsp. Water

1. Toast coconut and pecans in a 350F oven for about 10 minutes. Watch carefully so it doesn't burn.
2. Bring to a boil the water and maple syrup.
3. Add cornstarch mixture and stir until cornstarch mixtures boils.
4. Remove from heat and add salt along with the toasted nuts and coconut.
5. Frost cake while frosting is still warm.