Sugar-free, Gluten-free Birthday Cake

4 cups all-purpose gluten-free flour mix* (such as Bob's Red Mill)
2 tbsp baking powder
2 tsp xanthan gum
1 tsp cinnamon
½ tsp sea salt
½ tsp cardamom (optional)
¼ tsp nutmeg
1 cup vanilla rice milk
1 cup apple or pear juice
½ cup sunflower oil
½ cup maple syrup
1 tbsp vanilla
2 cups grated carrots
½ cup raisins (soaked in hot water and drained)
½ cup walnuts or sunflower seeds, chopped

- In a large mixing bowl, combine the flour, baking powder, xanthan gum, cinnamon, salt, cardamom, and nutmeg.
- In a medium-sized bowl, combine the rice milk, apple juice, sunflower oil, maple syrup, and vanilla. Stir in the grated carrots. Add to the dry ingredients and blend thoroughly in a mixer with the paddle attachment. Add raisins and walnuts and mix thoroughly.
- Pour batter into two lightly greased 9-inch (1.5 L) round baking pans. Bake in 350ºF (180ºC) oven for about 30 to 35 minutes, or until a toothpick inserted in the centre comes out dry. Cool on rack before frosting with Sweet Potato Icing. Makes 1 double-layer cake.

* Or make your own gluten-free flour mix of 3 cups brown rice flour, ½ cup potato starch, and ½ cup tapioca starch.

Sweet Potato Icing
4 medium sweet potatoes
½ tsp cinnamon
2 tbsp maple or agave syrup

- Bake the sweet potatoes in a 350ºF (180ºC) oven for 15 to 20 minutes, or until soft.
- Score the skin and squeeze the sweet potato out into a food processor or bowl. Add cinnamon and syrup and process or beat until smooth.
- Adjust to taste and refrigerate until ready to use. Makes approximately 1½ cups (375 mL).