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Description

This No Sugar No Flour Carrot Cake is a delicious way to enjoy a classic dessert with a wholesome twist. Made with freshly grated carrots, eggs, warm cinnamon, and naturally sweet ingredients, this cake has a soft, moist texture and comforting homemade flavor without traditional white flour or added sugar.

It is a great option for anyone looking for a healthier dessert, a flourless baking recipe, or a treat that can be adapted to a high-protein lifestyle. Adding Greek yogurt can boost the protein content, while nuts provide extra crunch and healthy fats.

Please note: This version uses oats and ripe banana for sweetness and structure. It contains naturally occurring sugars and carbohydrates, so it is not necessarily suitable for strict keto or very low-carb diets.

Short 3-Line Description

Enjoy a moist, cinnamon-spiced carrot cake made without traditional flour or added sugar. Fresh carrots, ripe banana, and oats create a naturally sweet flavor and tender texture. Perfect for a wholesome dessert, afternoon snack, or healthier homemade treat.

Can This No Sugar No Flour Carrot Cake Support Weight Loss Goals?

Yes, this carrot cake can fit into a balanced eating plan when portion sizes and ingredients are chosen thoughtfully.

- Fiber-rich ingredients: Carrots and oats provide fiber that contributes to a satisfying dessert.
- Protein support: Eggs and Greek yogurt contribute protein, helping make each serving more balanced.
- No added sugar: The recipe relies on banana for sweetness rather than refined sugar, although banana still contains natural sugars.
- Portion control: Cutting the cake into evenly sized slices helps manage calorie intake.
- Balanced ingredients: Using moderate amounts of nuts and oil can provide flavor without making the cake unnecessarily calorie-dense.

No single recipe causes weight loss. Overall food intake, activity, and individual needs matter most.

Does No Sugar No Flour Carrot Cake Fit a High-Protein Lifestyle?

This carrot cake can fit a high-protein lifestyle when prepared with eggs and protein-rich Greek yogurt. Oats and carrots contribute carbohydrates and fiber, while walnuts add texture and unsaturated fats. The recipe contains no traditional wheat flour or added sugar, but the banana provides natural sugars. For additional protein, serve each slice with plain Greek yogurt or adjust the recipe with a suitable protein powder. Because oats and bananas contain

carbohydrates, this cake is not naturally keto-friendly, and its net carbs depend on the ingredients and serving size.

My Personal Experience

- **Moist and tender texture:** Freshly grated carrots help keep the cake soft during baking. The mashed banana adds moisture and natural sweetness without refined sugar.
- **Warm, comforting flavor:** Cinnamon and vanilla complement the carrots beautifully. Chopped walnuts add a pleasant crunch to every bite.
- **A simple everyday dessert:** This cake uses familiar kitchen ingredients and does not require complicated decorating. A little Greek yogurt on top makes a delicious finishing touch.
- **Easy to customize:** Raisins, walnuts, or a light yogurt topping can change the flavor and texture. Adjust the sweetness by choosing a ripe banana.

Perfect For

- **Healthy desserts:** A wholesome alternative to traditional carrot cake with refined flour and added sugar.
- **High-protein snacks:** Pair a slice with Greek yogurt for a more protein-rich snack.
- **Breakfast treats:** Enjoy a small slice with eggs or yogurt for a more balanced breakfast.
- **Low-added-sugar recipes:** Suitable for people who want to reduce added sugar in homemade desserts.
- **Flourless baking:** Made without traditional wheat flour, using oats instead.
- **Meal preparation:** Bake ahead and portion slices for convenient snacks throughout the week.
- **Family gatherings:** Serve with cinnamon and a light yogurt topping for a simple

homemade dessert.

- Keto diet plans: The standard version is not keto-friendly because of the oats and banana, but a carefully reformulated version may better suit lower-carb goals.

Why You'll Love This Recipe

- No added sugar: Ripe banana provides natural sweetness without adding table sugar. Cinnamon and vanilla help enhance the cake's flavor.
- No traditional flour: Finely ground oats give the cake structure and a soft crumb. Certified gluten-free oats can be used when appropriate.
- Moist carrot-filled center: Freshly grated carrots add moisture and gentle sweetness. The cake stays tender when it is not overbaked.
- Easy homemade preparation: The batter comes together with basic kitchen tools. There is no need for a mixer or elaborate decorating equipment.
- Customizable texture: Walnuts add crunch, while raisins provide extra sweetness if desired. You can leave both out for a simpler cake.
- Versatile serving options: Enjoy it plain or with a spoonful of Greek yogurt. A light cinnamon topping makes it feel special without traditional sugary frosting.

Common Mistakes to Avoid

1. Using too much carrot: Excess moisture can make the cake dense or gummy. Measure the grated carrots and gently blot them if they are exceptionally wet.
2. Using an unripe banana: Green or barely ripe bananas provide less sweetness and may have a firmer texture. Choose a ripe banana with brown spots.
3. Using coarse oats without blending: Large oat flakes can create a rough, uneven crumb. Grind rolled oats into a fine flour before mixing.

4. Overbaking the cake: Baking for too long can dry out the edges. Check the center with a toothpick near the end of the baking time.
5. Cutting the cake while hot: A warm flourless cake may crumble because its structure is still setting. Let it cool before slicing.

Required Equipment

- Mixing bowls: Keep the wet and dry ingredients organized for even mixing.
- Box grater: Produces finely grated carrots that soften easily during baking.
- Blender or food processor: Turns rolled oats into a finer flour-like consistency.
- Measuring cups and spoons: Help maintain consistent portions and baking results.
- Whisk or fork: Combines the eggs and wet ingredients smoothly.
- Silicone spatula: Folds the ingredients together without overmixing.
- 8-inch round cake pan: Gives the batter a suitable depth for even baking.
- Parchment paper: Helps release the cake without breaking the edges.
- Oven: Bakes the cake until the center is set and the edges are lightly golden.
- Toothpick: Checks doneness without cutting into the cake.

Storage Instructions

Refrigerator: Once completely cooled, place the cake in an airtight container and refrigerate for up to 4–5 days. Because this recipe contains fresh carrots and eggs, refrigeration is recommended.

Freezer: Cut the cooled cake into individual slices. Wrap each slice securely and place it in a freezer-safe container or bag. Freeze for up to 2-3 months for best quality.

Thawing: Thaw frozen slices overnight in the refrigerator or for a short time at room temperature before serving.

Reheating: Warm an individual slice in the microwave for approximately 10-20 seconds, checking frequently to avoid drying it out. You can also enjoy it chilled.

Freshness tip: Store any Greek yogurt topping separately and add it just before serving to help preserve the cake’s texture.

Recipe Details

Detail	Information
Preparation Time	15 minutes
Cooking Time	30-40 minutes
Total Time	45-55 minutes
Servings	8 slices
Best Season	All-season
Calories Per Serving	Approximately 170 kcal

Ingredients

Makes one 8-inch cake with 8 servings. Nutrition values are estimates and will vary depending on ingredient brands and optional additions.

- 1½ cups finely grated carrots (about 180 g)
- 1½ cups rolled oats (about 135 g), ground into oat flour
- 2 large eggs

- 1 medium ripe banana (about 100–120 g), mashed
- ½ cup plain nonfat Greek yogurt (120 g)
- 2 tablespoons olive oil or melted coconut oil
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup chopped walnuts (optional, about 25 g)
- 2 tablespoons raisins (optional)

Ingredient notes:

- Use a very ripe banana for the best natural sweetness.
- Use certified gluten-free oats if you need to avoid gluten.
- The recipe contains no added sugar and no traditional wheat flour, but it is not sugar-free in the strict nutritional sense because banana and carrots contain naturally occurring sugars.
- Walnuts and raisins are optional and will change the nutrition values.

Directions

1. Preheat the oven. Set the oven to 350°F (175°C). Lightly grease an 8-inch round cake pan and line the bottom with parchment paper.
2. Prepare the oat flour (2 minutes). Blend the rolled oats until they resemble a fine flour. Avoid leaving large flakes, as these can make the cake's texture coarse.
3. Prepare the carrots and banana (3–4 minutes). Finely grate the carrots and mash the ripe banana with a fork until mostly smooth. If the grated carrots are very wet, gently blot away excess moisture.
4. Mix the wet ingredients (2 minutes). In a large bowl, whisk together the eggs, mashed banana, Greek yogurt, oil, and vanilla extract until evenly combined.
5. Combine the dry ingredients (2 minutes). In a separate bowl, stir together the oat flour, baking powder, baking soda, cinnamon, and salt.
6. Make the batter (2–3 minutes). Add the dry ingredients to the wet mixture and stir gently until just combined. Fold in the grated carrots and optional walnuts or raisins. The batter should be thick but moist; avoid excessive mixing.
7. Bake the cake (30–40 minutes). Pour the batter into the prepared pan and smooth the top. Bake on the middle rack until the edges are lightly golden and a toothpick inserted into the center comes out clean or with a few moist crumbs.
8. Cool before slicing (15–20 minutes). Let the cake rest in the pan for 10 minutes, then transfer it carefully to a cooling rack. Allow it to cool further before cutting so the oat-based crumb can set.
9. Serve and enjoy. Serve plain or with a spoonful of unsweetened Greek yogurt and a light dusting of cinnamon. For a higher-protein serving, pair the cake with extra Greek yogurt.

High-protein baking tip: Greek yogurt helps add protein and moisture. If adding protein powder, replace only a small portion of the oat flour and add a little extra yogurt or milk if the batter becomes too dry.

Nutrition Facts (Per Serving - Approximate)

Estimated for 1 of 8 slices, including walnuts but excluding optional raisins. Actual values vary with ingredient brands and preparation.

Nutrient	Approximate Amount
Calories	170 kcal
Total Fat	6 g
Cholesterol	45 mg
Sodium	190 mg
Potassium	230 mg
Total Carbohydrates	24 g
Fiber	3 g
Net Carbs	21 g
Sugars	5 g
Protein	7 g
Calcium	45 mg

Net carbs are calculated by subtracting dietary fiber from total carbohydrates. These figures are approximate and are not a substitute for a nutrition analysis using your exact ingredients.

Notes

- Storage: Keep the cooled cake refrigerated in an airtight container for up to 4-5 days.
- Reheating: Microwave a slice for 10-20 seconds or serve it chilled.
- Allergy notes: Contains eggs, oats, and dairy. Walnuts are optional but should be omitted for nut allergies. For gluten avoidance, select certified gluten-free oats.
- Flavor boosts: Add extra cinnamon, a pinch of nutmeg, or a little orange zest for a more aromatic cake.

- For more sweetness: Choose a very ripe banana or add a small amount of a suitable non-sugar sweetener if desired.
- For more protein: Serve with Greek yogurt or incorporate a small amount of protein powder, adjusting the moisture as needed.
- For a softer crumb: Grind the oats finely and avoid overbaking.
- For a lower-carb version: Oat flour and banana would need to be replaced with suitable lower-carbohydrate ingredients; the texture and nutrition would change considerably.

Frequently Asked Questions

1. Is this carrot cake completely sugar-free?

It has no added sugar, but it contains naturally occurring sugars from banana and carrots.

2. Can I make this carrot cake without oats?

Yes, but you will need a suitable alternative flour and may need to adjust the moisture and baking time.

3. Can I make the cake without a banana?

Yes, unsweetened applesauce or additional Greek yogurt may work, although the sweetness and texture will change.

4. Is this carrot cake suitable for people following a keto diet?

The standard recipe is not keto-friendly because oats and bananas contain significant carbohydrates.

5. How can I increase the protein content?

Serve each slice with Greek yogurt or replace a small portion of the oat flour with protein

powder while adjusting the liquid.

6. How do I know when the cake is fully baked?

The edges should be lightly golden, the center should feel set, and a toothpick inserted into the middle should come out clean or with a few moist crumbs.