

Super Moist Italian Carrot Cake - No Butter or Oil

A soft and fragrant Italian carrot cake made with almonds, fresh carrots, and lemon zest - with no added butter or oil.

Prep Time	Cook Time	Cooling Time	Total Time	Servings
15 min	35-45 min	15 min	About 1 hr 10 min	10-12 slices

Ingredients

- **10.6 oz (300 g) carrots**, peeled and cleaned
- **7 oz (200 g) granulated sugar**
- **5.6 oz (160 g) almonds**, with or without skins
- Finely grated zest of **1 lemon**
- **4 large eggs**
- **2/3 cup (80 g) all-purpose flour**
- **1 pinch of salt**
- **1 tablespoon (about 8 g) baking powder**
- Powdered sugar, for dusting

The original version uses up to 10.6 oz (300 g) sugar, but 200 g gives the cake a more balanced sweetness.

Instructions

1. Grind the Almonds

Place the almonds in a food processor and pulse until very finely ground. Do not process them for too long, or they may begin releasing their natural oils and turn into almond butter. Transfer to a bowl and set aside.

2. Prepare the Lemon Sugar

Add the sugar and finely grated lemon zest to the food processor. Process for several seconds, until the zest is evenly incorporated and the sugar becomes very fragrant.

3. Process the Carrots

Cut the carrots into chunks and place them in the food processor. Process until they are very finely chopped, almost resembling a coarse carrot pulp. Finely processing the carrots is important for a soft and even texture.

4. Make the Batter

In a large mixing bowl, combine the ground almonds, lemon sugar, finely chopped carrots, eggs, flour, and salt. Mix until thoroughly combined and the batter is smooth and thick. Add the baking powder last and mix just until incorporated.

5. Bake

Preheat the oven to **350°F (175°C)**. Grease and lightly flour a **10-inch (26 cm) round cake pan**. Pour in the batter and smooth the top. Bake for **35-45 minutes**, or until a toothpick inserted in the center comes out clean or with only a few moist crumbs. Begin checking after about 35 minutes.

6. Cool and Finish

Let the cake cool in the pan for **10-15 minutes**. Carefully remove it and transfer it to a serving plate or wire rack. Allow it to cool completely, then dust generously with powdered sugar before serving.

Nonna's Tips

Process the carrots very finely. The finer they are chopped, the softer and more delicate the cake will be.

Do not overprocess the almonds. Pulse only until finely ground to avoid turning them into almond butter.

Adjust the sugar. For a sweeter cake, increase the sugar to 300 g. For a more balanced flavor, 200 g is enough.

No butter or oil needed. The eggs, carrots, and ground almonds naturally keep the cake soft and moist.

Wait before adding powdered sugar. Let the cake cool completely or the sugar will melt into the surface.

Storage

Store the cake covered at room temperature for up to 2 days. For longer storage, refrigerate it in an airtight container for up to 4-5 days. Bring refrigerated slices to room temperature before serving. The cake can also be frozen for up to 2 months, preferably without the powdered sugar.

Nutritional Facts

Approximate values per serving, based on 12 servings and 200 g of sugar.

Nutrition	Amount
Calories	220 kcal
Total Fat	9 g
Saturated Fat	1.5 g
Carbohydrates	31 g
Sugars	20 g
Protein	6 g
Fiber	2 g
Sodium	80 mg

SEO Tags

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