

Carrot & Orange Olive Oil Cake



Blending the carrots with the wet ingredients results in a light and fluffy texture for this cake flavored with bright orange and floral cardamom for a different take on carrot cake.

YIELD 12 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 65 MIN
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INGREDIENTS

1 ⅓ cups	All-purpose Flour
1 Tbsp	Baking Powder
2 tsp	Cardamom, ground
¾ tsp	Kosher Salt
¼ tsp	Baking Soda
5 each	Carrots, peeled, roughly chopped, about 1" pieces (about 10 oz./2 cups)
1 cup	Extra Virgin Olive Oil
⅔ cup	Sugar
2 each	Eggs
1 each	Orange, zested and juiced (¼ cup)
1 Tbsp	Powdered Sugar

CHEF'S NOTES

Using oil instead of butter in a cake is traditional in the Mediterranean where extra virgin olive oil is a staple ingredient. Often flavored with citrus and served at Christmas, these cakes are a welcome sweet treat year-round. Cakes made with oil are often lighter and more tender while also retaining a moist texture for several days. Good for your health and delicious results, it's a win-win!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F. Grease and line a 9" cake pan with parchment paper.
2. In a large bowl, whisk the flour, baking powder, cardamom, salt, and baking soda together. Set aside.
3. In a large pitcher blender, combine the chopped carrots, olive oil, sugar, eggs, orange zest, and juice. Starting on low and gradually increasing the speed, blend until smooth, about 2-3 minutes. Scrape down the sides of the blender as needed. The mixture should be smooth with no large carrot chunks.
4. Pour the blended mixture into the bowl with the dry ingredients. Use a rubber spatula to slowly incorporate the flour mixture by folding, until no visible flour remains.
5. Pour the batter into the prepared pan. Bake for 35-40 minutes, until the center comes out clean when tested with a toothpick.
6. Allow the cake to cool on a wire rack for at least 10 minutes before removing from the pan. Dust with powdered sugar and enjoy!

Nutrition Facts

12 servings per container

Serving size 1/12 cake (84g)

Amount Per Serving

Calories 280

% Daily Value*

Total Fat 20g 26%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 300mg 13%

Total Carbohydrate 25g 9%

Dietary Fiber 1g 4%

Total Sugars 13g

Includes 11g Added Sugars 22%

Protein 3g

Vitamin D 0.2mcg 0%

Calcium 80mg 6%

Iron 1mg 6%

Potassium 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: EGG, WHEAT

Recipe adapted from NYTimes "Carrot-Orange Olive Oil Cake" (09.17.2025)



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