

carrot cake

by The Pavilion
Lunch Club

what you will need

250g/10oz wholemeal flour
2 teaspoons baking powder
1 tablespoon ground cinnamon
1 tablespoon grated nutmeg or allspice
100g/4oz sunflower or olive oil based margarine
100g/4oz caster sugar
2 tablespoons syrup
250g (10oz) carrots, finely grated
Small glass of orange juice
100g/ 4oz sultanas

Makes 10 pieces

Preparation time = 25mins

Cooking time = 75mins

**Cost per slice =
less than £0.40p**

get cooking

Mix together flour, nutmeg, cinnamon and baking powder in a bowl.

In a separate bowl melt the margarine and then stir in the sugar and syrup.

Pour the margarine sugar and syrup mixture into the flour mix and stir well.

Add carrot, orange juice and sultanas and mix.

Spoon into baking tin and bake for 1 hour and 15 minutes.

Leave to cool in the tin for 10 minutes, then cool on a wire rack.

Dust with icing sugar

alternatives

Add a handful of chopped walnuts.

top tips

This cake is high in calories - cut into small pieces and serve as a treat.



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