

Carrot Cake (Serves 4)

Ingredients

175g soft brown sugar

2 egg whites

120ml MCT Oil

200g self-raising flour

1 teaspoon baking powder

3 teaspoons mixed spice

Zest of 1 orange

200g grated carrot

Syrup Glaze

Juice from 1 orange

40g soft brown sugar

Topping

250g virtual fat free quark

30g icing sugar

2 teaspoons vanilla essence

Method

1. Preheat the oven to 325°F/ 170°C/ Gas Mark 3.
2. Line a 7" cake tin with greaseproof paper.
3. Combine all cake ingredients mixing well using a wooden spoon/ electric hand whisk or food processor.
4. Pour batter into prepared tin and bake for 1 hour or until a skewer comes out clean.
5. While cake is cooking, prepare the syrup glaze.
6. Heat orange juice and sugar in a saucepan until the sugar has dissolved and remove from the heat.

7. When the cake has cooked, while still warm, pour over the prepared syrup glaze and leave to cool in the tin.
8. To prepare the topping, mix the quark and icing sugar together using a wooden spoon or electric hand whisk.
9. Remove the cold cake from the tin and spread the topping over it.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics