



Carrot Cake

SERVES 12

Ingredients

- 175g light muscovado sugar
- 175ml sunflower oil
- 3 large eggs, lightly beaten
- 3 medium carrots grated
- 100g raisins
- Grated zest of 1 large orange
- 175g self-raising flour
- 1 tsp bicarbonate of soda
- 2 tsp ground cinnamon
- ½ tsp grated nutmeg

Icing:

- 2 tbsp Orange juice
- 175g Icing sugar

Directions

- Preheat the oven to 180°C/Gas 4/fan 160°C. Oil and line the base and sides of an 20cm square cake tin with baking parchment.
- Tip the sugar into a large mixing bowl, pour in the oil and add the eggs. Lightly mix with a wooden spoon. Stir in the grated carrots, raisins and orange zest.
- Mix the flour, bicarbonate of soda and spices, then sift into the bowl. Lightly mix all the ingredients – when everything is evenly amalgamated stop mixing. The mixture will be fairly soft and almost runny.

Calcium
Vitamin D



Lactose & Galactose Free Recipe

Calcium



Vitamin D



Directions continued

- Pour the mixture into the prepared tin and bake for 40- 45 minutes, until it feels firm and springy when you press it in the centre. Cool in the tin for 5 minutes, then turn it out, peel off the paper and cool on a wire rack. (You can freeze the cake at this point.)
 - **For the Icing:** Beat about 175g icing sugar and 2 tbsp. orange juice together till smooth and about as runny as cream. Boldly drizzle back and forth over the cake.
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