

# Carrot Cake

COST	DIFFICULTY	TIME
CHEAP	EASY	QUICK
AFFORDABLE	MEDIUM	MEDIUM
EXPENSIVE	HARD	LONG



## About

Try some home baking this Easter instead of all the chocolate eggs! This recipe shows how vegetables can be used in a cake, with carrots which have Vitamin A – good for your eyesight. Grating the carrots takes a little bit of work but take turns if you have helpers and it will be done in no time.

Costs are low for this cake but cheeses like Philadelphia for the topping can bring up the overall price of this dessert. You can make a low cost and low-calorie loaf instead if you leave out the topping (see alternatives below) and even a vegan cake using an egg replacement!

## Ingredients

250g light brown sugar  
240 ml vegetable/sunflower oil  
4 large eggs, room temperature  
250g grated carrot (two big or three medium carrots)  
250g self-raising flour  
1/2 teaspoon salt

### Extra flavours:

1 large orange, zest finely grated  
1 teaspoon ground cinnamon  
¼ - ½ teaspoon grated nutmeg

## Equipment needed

Peeler  
Grater  
Baking Dish  
Sieve  
Measuring Jug  
Weighing Scales  
Wooden spoon/scrapper  
Small Bowl  
Mixing Bowl  
Teaspoon  
Tablespoon

## Method (steps)

1. Preheat the oven to 180°C/gas mark 4 and grease a 13x9-inch baking dish with butter or oil.
2. In a mixing bowl put the sugar, vegetable oil, and eggs and mix with a spatula or spoon.
3. Add grated carrots and orange zest (if using) and mix altogether.
4. In a small bowl combine flour, cinnamon, and nutmeg.
5. Sift the dry mixture into the bowl with the other ingredients.
6. Mix together.
7. Pour mixture into prepared baking dish and bake for 20 minutes or until a toothpick inserted in the centre comes out clean.

### If you are adding a cream cheese topping to the cake:

#### Ingredients:

60g butter – leave it to soften at room temperature if possible  
100g icing sugar  
1 teaspoon vanilla extract, or a teaspoon of orange/lemon juice  
225g cream cheese (like Philadelphia)

**Extra Equipment:** You can mix with a wooden spoon, but a hand mixer will make it very easy!

#### Method:

1. Mix the butter and icing sugar in a bowl
2. Add vanilla extract and cream cheese and beat until blended.
3. Wait until the cake is cooled down before adding the cream cheese frosting!

## Additions

- For a healthier option, you could make a carrot and banana loaf: swap the sugar for mashed bananas and add 1 teaspoon of bicarbonate soda (and omit the frosting!), add dried fruits like raisins or sultanas if you like
- Instead of using eggs, you can whisk the chickpea water from a can of chickpeas into 'aquafaba' which is used as an egg substitute in vegan baking!
- If you want more spices for flavour, you add more nutmeg, or also add mixed spice and/or ground ginger
- Use mascarpone cheese with some grated lemon/orange and a few teaspoons of icing sugar as a topping instead of cream cheese.

