



# Carrot Cake



Carrot cake is a classic and forgiving recipe. This version is made with oil instead of butter, which makes it moist and suited for storing in an air-tight container for several days.

**Organisation and skill:** ★★★ **Cost:** £££ **Equipment:** 

**Community involvement:** Community involvement: children under supervision, young adults,

## Ingredients

- 185g plain flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon mixed spice
- 200g soft brown sugar
- zest of 1 orange – finely grated
- zest of 1 lemon – finely grated
- 100g pecan nuts – chopped (optional)
- 3 medium-sized free-range eggs – beaten
- 200ml sunflower oil
- 450g carrots – finely grated
- 2 large ripe bananas – mashed
- 1 tablespoon icing sugar

## Equipment

- teaspoon
- tablespoon
- grater
- chopping board
- sharp knife
- measuring jug
- small bowl
- mixing bowl
- fork
- 24cm spring-form baking tin or silicone mould
- scraper
- sieve

# How to make it

- 1 Heat the oven to 150°C/Gas 3. Grease and line the spring-form tin or lightly grease the silicone mould.
- 2 Place all the dry ingredients and zests into the mixing bowl.
- 3 Add the grated carrot, mashed banana, oil and beaten egg. Mix until thoroughly combined.
- 4 Spoon the mixture into the prepared tin. With the scraper, remove any mixture clinging to the sides of the bowl.
- 5 Bake the cake for 1 hour and 15 minutes until firm to the touch. Cool the cake in the tin.
- 6 When cool, remove the cake from the tin and sieve the icing sugar evenly onto the top of the cake.



 150°C/Gas 3  1¼hr



**Allergy aware:**  
This recipe contains  
nuts, flour  
and eggs.

## Cooking and sharing together

If you have access to an allotment, school garden or veggie patch you could try growing your own carrots!

Why not bake some cakes for a celebration and invite some of your local community to a celebration tea?

You can swap carrots for courgettes or even beetroots or pumpkin.

Be sure to grate courgettes a little more coarsely and don't be worried if your beetroot cake is pink!

## Recipe hints and tips

Create icing by mixing mascarpone cheese, grated orange and a little icing sugar

**Storage wise:** This recipe will keep in a sealed container for 3-4 days.

**Portion wise:** serves 12-14.

Monday 30th October - Friday 24th November

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