

Carrot Cake

Here's another classic recipe.

Ingredients (Serves 10)

4 eggs

1cup caster sugar (Modification: ½ cup sugar, ½ cup Splenda)

2 medium carrots, grated coarsely

150ml or ¾ cup olive oil

120g walnuts or other unsalted nuts, chopped

2 cup plain flour (Modification: 1 cup plain flour, 1 wholemeal flour)

1/2 tsp salt

2 tsp bicarb soda

1 tsp cinnamon, ground

Cream cheese icing:

500g cream cheese (Modification: Low fat cream cheese)

Lemon Zest

50g butter, softened (Modification: Can be omitted)

½ cup icing sugar (Modification: Trial a sweetener, i.e. Splenda or Stevia)

1 tsp of vanilla paste

Method:

Preheat oven to 190°C. Beat the eggs with the sugar until pale and light. Add the carrot, oil and walnuts and stir to combine. Sift flour together with the remaining ingredients and stir into the egg mixture. Make sure there are no flour lumps.

Spoon into a 22cm cake tin or similar and bake for 50-60 minutes or until a skewer comes out clean. Cool and serve.

Cream cheese icing:

Let the cheese warm to room temperature to make mixing easier, and you can add a touch of lemon zest and/or juice to give it a nice tang. Beat the cream cheese with the sugar (or sweetener) and vanilla until light and smooth. Spread over the cake. Scatter with cinnamon.

Modifications & Tips:

Desserts and cakes can be high in carbohydrates and sugar. A good alternative is replacing some of the sugar in the recipe with an artificial sweetener such as Splenda or a natural sweetener such as Stevia.

Nutrient analysis per serve (post modification):

Energy: 1990kJ (474cal), total fat 27g, saturated fat 6g, protein 13g, carbohydrate 38g, fibre 3g, sodium (salt) 260mg