

Carrot Cake

Serves 12

Modification by Sophie Wright-Pedersen,
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✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
½ cup Brown Sugar	Reduce amount of added sugar and replace with blueberries to sweeten and lower energy and total sugar content	1 cup fresh/frozen blueberries
½ cup Golden Syrup	See above	¼ cup honey/golden syrup
9 tablespoons (187mL) olive oil	Reduce total oil added as extra fat is added with almond meal	3 tablespoons (60mL) olive oil
3 eggs	Nil	3 eggs
1 teaspoon vanilla essence	Increase vanilla essence to sweeten	2 teaspoon vanilla essence
1 cup self-raising flour	Replace flour with almond meal to reduce total carbohydrates and increase protein and fibre content	1¼ cups almond meal
1 teaspoon bicarb soda	For additional rising for the almond meal	2 teaspoon bicarb soda
½ teaspoon ground cinnamon	Add extra cinnamon and nutmeg for extra flavour and help sweeten	2 teaspoon cinnamon ½ teaspoon nutmeg
2 carrots	Add extra carrots to increase vegetable and fibre content	4 carrots
Icing		
½ cup pure icing sugar	Reduce total added sugars to lower energy and total sugar content	1 tablespoon honey ½ teaspoon cinnamon
½ teaspoon vanilla essence	Add cinnamon to help sweeten	½ teaspoon vanilla essence
250g spreadable cream cheese	Swap to low-fat ricotta to lower energy and saturated fat content	250g low-fat ricotta

Method

1. Preheat your oven to 160°C. Grease and line a 20cm baking tin with baking paper.
2. Combine carrot, eggs, vanilla, cinnamon, nutmeg, almond meal, oil, honey, blueberries and bicarb soda in a large bowl.
3. Mix well until combined.
4. Pour into prepared tin.
5. Bake for 1 – 1½ hours or until a skewer. Cover, if necessary, with foil to prevent top from burning.
6. Remove from the oven, cool completely in the tin, then turn out.
7. To make topping combine ricotta, honey, vanilla essence and cinnamon in a small bowl.
8. Spread evenly over cake and serve.

Nutritional information

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy	1570kJ	1390kJ	1270kJ	963kJ
Protein	5.2g	4.6g	9.2g	7.0g
Fat total	22.7g	20.1g	22.5g	17.1g
– Saturated fat	7.1g	6.3g	2.4g	1.8g
Carbohydrate	36.8g	32.6g	14.0g	10.6g
Fibre	1.6g	1.4g	4.8g	3.7g
Sodium	295mg	261mg	111mg	85mg