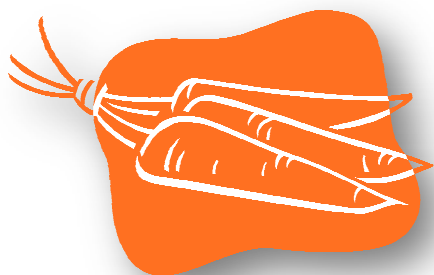


CARROT CAKE



(Serves 16)

225g self-raising flour
2 tsp baking powder
75g light muscovado sugar
2 ripe bananas, mashed
100g carrots, grated
50g raisins
2 eggs
150ml sunflower/rapeseed oil

Icing (optional):
200g low fat cream cheese
1tbsp orange curd

Optional: use a mix of white/wholemeal flour

1. Pre-heat oven to 180°C/350°C fan/Gas Mark 4. Grease and base line a 20cm deep round cake tin with baking parchment.
2. Measure ingredients for cake into bowl and mix well. Turn into prepared tin and bake in pre-heated oven for 50 to 60 minutes until cake well risen.
3. Allow to cool in tin for 5 minutes then cool on wire rack. Add topping.

Each Serving contains:

204 kcal energy
4g protein
12g fat
23g carbohydrate