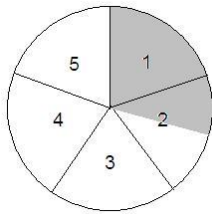


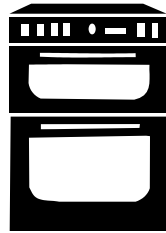
Carrot Cake

Serves 8

Portions of fruit & vegetables per serving: $1\frac{1}{2}$



Oven Needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

Contains egg

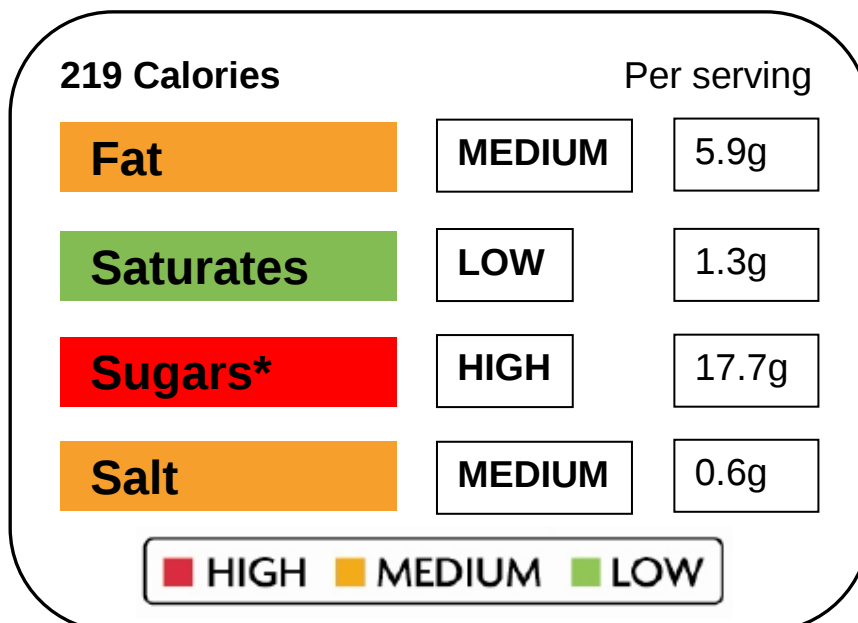
May contain milk and
sulphur dioxide

Ingredients	Amount	Preparation
reduced fat margarine	75g ($2\frac{1}{2}$ oz) plus a little for greasing	
sugar	50g (2oz)	
eggs	2 medium	beaten
self-raising flour	175g (6oz)	sifted
rolled oats	50g (2oz)	
bicarbonate of soda	$\frac{1}{2}$ teaspoon	
ground cinnamon or mixed spice	$\frac{3}{4}$ teaspoon	
carrots	3 medium	grated
raisins	100g ($3\frac{1}{2}$ oz)	

Please Turn Over

Method

- 1 Pre-heat the oven to 170°C/gas mark 3. Grease a cake tin.
- 2 Place the sugar and margarine in a bowl and beat together until light and fluffy. Add the eggs, a little at a time, and beat well until mixed.
- 3 Add the flour, cinnamon or mixed spice, bicarbonate of soda and oats to the mixture and carefully mix.
- 4 Stir in the raisins and carrots gently.
- 5 Pour the mixture into the tin and bake for about 40 minutes until the cake rises and turns a light brown colour (insert a knife into the centre of the cake to check - it will come out clean if the cake is cooked)
- 6 Turn the cake out of the tin and leave to cool.



* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Try serving with low fat natural yogurt and some extra fruit.