

Our Recipe

CARROTS WEEK

VEGGIE RECIPE



Ingredients

Bone-Chilling Carrot & Beetroot Cake – 30 portions

400ml vegetable oil
5 free range eggs
75g demerara sugar
350g plain flour
1 tsp mixed spice
1 tsp bicarbonate of soda
250g beetroot, peeled, cooked and chopped
250g carrots, finely grated
2.5 tsp baking powder
250g sultanas

For the icing:

300ml apple juice
300g icing sugar



Method

1. Whisk the vegetable oil, eggs and demerara sugar together.
2. Fold in the flour, baking powder, mixed spice and bicarbonate of soda into the mixture, and then fold in the grated carrot, chopped beetroot and sultanas.
3. Place on a baking tray and bake at 160°C/325 F (gas mark 3) for 40-45
4. For the icing, mix the apple juice and icing sugar and drizzle over the cake when warm.

**EAT THEM
TO DEFEAT THEM**

