

Carrot cake

Traffic light category: **Amber**

Serves: 16

Ingredients

- » 1½ cups self raising flour
- » ¾ cup brown sugar
- » 1 teaspoon mixed spice (or cinnamon)
- » ¼ cup canola oil
- » ¼ cup low fat plain yoghurt
- » 1 medium orange - skinned and diced
- » 2 cups finely grated carrot
- » ½ cup walnuts* finely chopped
- » 2 eggs

Method

1. Preheat fan forced oven to 160°C or a conventional oven to 170°C
2. Lightly spray a 27cm square baking tin with canola oil and line with grease proof paper
3. Sift the flour, brown sugar and mixed spice or cinnamon to combine
4. Combine the remaining ingredients in a separate bowl, mix together well and add to the sifted flour mixture
5. Mix together gently until just combined, avoid over mixing
6. Transfer to the baking tin and bake for 30 minutes or until golden.

Nutrition information panel		
Nutrient	Per serve	Per 100g
Weight	32g	100g
Energy	316kJ	988kJ
Protein	2.7g	8.4g
Total fat	1.5g	4.7g
Saturated fat	0.5g	1.5g
Carbohydrate	12.3g	38.7g
Sugars	5.4g	17g
Dietary fibre	0.9g	3g
Sodium	88mg	275mg



* Check your schools' allergy awareness policy before using nuts in this recipe and sending it to school. The slice is still delicious if the walnuts are omitted.