

WASCA AGM

Celebration Carrot Cake

Traffic light category: **Amber**

Serves: 18

Ingredients

- Olive oil spray
- ½ cup brown sugar
- ¾ cup olive oil
- ½ cup golden syrup
- 3 eggs
- 1 teaspoon vanilla essence
- 1 cup self-raising flour, sifted
- ½ cup wholemeal plain flour, sifted
- 1 teaspoon bicarbonate soda
- ½ teaspoon ground cinnamon
- 2 (300g) carrots, peeled and grated

Cream cheese topping

- 125g reduced fat cream cheese
- 2 teaspoon apple juice
- 1 teaspoon vanilla essence

Method

1. Preheat oven to 170°C or 150°C for fan forced. Grease a 20cm round cake pan lightly with olive oil, line with baking paper
2. Place sugar, oil, golden syrup, eggs and vanilla in a bowl, use a balloon whisk to mix until combined
3. Sift flours, bicarbonate soda and cinnamon into a large bowl
4. Pour wet mixture into the dry ingredients. Use a wooden spoon to stir gently until just combined
5. Stir in grated carrot
6. Pour mixture into prepared pan, bake for 1 hour. Set aside for 5 minutes, before turning out onto a wire rack to cool completely
7. To make the cream cheese topping, place the cream cheese, apple juice and vanilla in a bowl. Use a wooden spoon to mix until well combined, adjust quantity of apple juice as needed. Spread a thin layer over cake with spatula.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	811kJ	1195kJ
Protein	3.2g	4.7g
Total fat	10.7g	15g
Saturated fat	1.8g	2.7g
Carbohydrate	21g	31g
Sugars	13g	19g
Dietary fibre	1.5g	2.2g
Sodium	177mg	260mg



Adapted from www.taste.com



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