



Banana and carrot cake

Ingredients:

For the cake:

- 2 medium eggs
- ½ cup (125g) sunflower (or vegetable) oil
- 1 orange, juice only
- 1 large banana, mashed (over-ripe bananas are best)
- 200g carrots, peeled and grated
- 1 cup (125g) sultanas
- ½ tsp ground cinnamon
- ¾ cup (175g) wholemeal self raising flour
- 1 tsp baking powder

For the topping:

- 2 large bananas
- 175g low fat soft cheese, like Philadelphia
- 1 tbsp lemon juice

Method:

1. Pre heat the oven to 180°C/Gas mark 4
2. Beat together all of the cake ingredients until well blended
3. Spoon into a greased and base lined (bottom covered with greaseproof paper) 20cm loose bottomed cake tin, or alternatively, a greased loaf tin
4. Bake for 1 hour or until a skewer inserted into the centre of the cake comes out cleanly
5. Turn out to cool on a wire rack and remove the lining paper
6. To make the topping, mash one of the bananas until pulpy, then beat into the cheese

7. Spread this on top of the cake.
8. Slice the remaining banana and toss in the lemon juice to prevent discolouring, arrange around the edge of the cake.

Did you know ?

Carrots are high in a source of vitamin A. Vitamin A can help prevent night blindness. So it is true - carrots can help you see in the dark.

Bananas are high in potassium. Potassium helps to keep our muscles working properly. It is also important in keeping blood pressure stable.

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