



## Carrot Cake

### Ingredients:

- 125g soft margarine
- 125g caster sugar
- 2 eggs, beaten
- 125g carrot, grated
- 50g chopped walnuts (optional)
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp ground ginger
- 125g self-raising flour, sifted
- 125g wholemeal flour, sifted

### For the icing:

- 400g icing sugar
- ½ tsp vanilla essence
- 300g light cream cheese

### Method:

1. Pre heat the oven to 180C/Gas Mark 4.
2. Mix together margarine and sugar until light and creamy.
3. Beat in eggs and stir in carrot and walnuts.
4. In a separate bowl mix together the baking powder, ground cinnamon, ground ginger and flour.
5. Gently mix the flour mixture into the margarine mixture.
6. DO NOT OVERMIX, the mixture should be quite lumpy.
7. Place in a greased loaf tin and cook for 45 mins.

8. Allow cooling in the tin slightly before removing from the tin.
9. To make the icing, add the icing sugar and vanilla essence to the cream cheese and beat until smooth.
10. Spread generously over the top of the cake.

*Alternative:*

To make the carrot muffins, place the mixture into muffins cases and bake for about 25 minutes.

**Did you know?**

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

Walnuts may help to reduce the risk of heart disease. Nuts are also one of the richest sources of Vitamin E. Vitamin E helps to improve the condition of the skin.

© 2010 Edinburgh Community Food  
22 Tennant Street  
Edinburgh  
EH6 5ND  
T: 0131 467 7326  
E: [admin@edinburghcommunityfood.org.uk](mailto:admin@edinburghcommunityfood.org.uk)  
W : [www.edinburghcommunityfood.org.uk](http://www.edinburghcommunityfood.org.uk)