

Carrot and Date Cake

Serves: 12

Prep time: 15 minutes

Cook time: 45 minutes



½ serve per portion

Ingredients

1 cup dates, roughly chopped
¾ cup orange juice, no added sugar
½ teaspoon bicarb soda
½ brown sugar
3 eggs
2 cups self raising flour
1 teaspoon mixed spice
3 cups carrot, grated
½ cup walnuts, roughly chopped

Icing (optional):

200g ricotta cheese
⅓ cup caster sugar
½ teaspoon cinnamon
½ teaspoon vanilla essence

Method

PREHEAT oven to 175°C and thoroughly grease a ring cake tin with oil.
COMBINE dates and orange juice in a small saucepan and bring to the boil then remove from heat immediately. Stir in the bicarb soda and stand for 5 minutes.
TRANSFER the date mixture to a food processor and add the sugar. Process until almost smooth.
ADD eggs, flour and mixed spice to the processor and process until just combined.
POUR mixture into a large bowl and fold through the carrot and walnuts.
POUR mixture into prepared tin.
BAKE for 45 minutes, or until golden brown and a skewer comes out clean.
STAND for 10 minutes before turning out onto a wire rack to cool.

Optional:

ADD all icing ingredients into a food processor and blitz until smooth.
ICE cake once cooled and sprinkle with chopped walnuts.



Discretionary Food

Recipe courtesy of Judy Stubbs, Maleny Branch