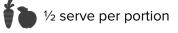
Carrot and Date Cake

Serves: 12 Prep time: 15 minutes Cook time: 45 minutes



Ingredients

1 cup dates, roughly chopped
³/₄ cup orange juice, no added sugar
¹/₂ teaspoon bicarb soda
¹/₂ brown sugar
3 eggs
2 cups self raising flour
1 teaspoon mixed spice
3 cups carrot, grated
¹/₂ cup walnuts, roughly chopped



Discretionary Food

Icing (optional): 200g ricotta cheese 1⁄3 cup caster sugar 1⁄2 teaspoon cinnamon 1⁄2 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.

Recipe courtesy of Judy Stubbs, Maleny Branch



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