



# Philippa Parish Nutrition

BSc (Hons) Dip ION MBANT NTC & CNHC Registered Practitioner

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## Carrot Cake

### You will need:

Mixing bowl

Scales

Electric mixers, or a food processor

Grater

Chopping board

Bun tins, (36) cases/cake tin (20cm square/23cm round), greased.

Cooling rack

Oven pre-heated to 170C/Gas mark 3-4

### *Ingredients- the cake*

250g butter

250g soft brown sugar

zest of 3 oranges

juice of 2 oranges

6 eggs (beaten)

150g raisins

450g grated carrot

250g wholemeal flour

2-3 tsp mixed spice

### *the icing*

125g low fat, or fat-free cream cheese

100g fat-free Greek yoghurt

80g icing sugar

juice of 1 orange

### Method

- Cream the sugar and butter, until light and fluffy
- Mix in the beaten eggs
- Fold in the orange zest and juice, raisins and carrots and then the flour and spice
- Pour mixture into the cake tin, or bun cases and cook for 1 hour, (cake) or 15 minutes (buns), or until a skewer inserted into the middle of the cake comes away clean.
- Turn onto a cooling rack to cool

### *For the icing*

- Mix together the cream cheese, Greek yoghurt and icing sugar into a smooth paste. Add the orange juice and spread over the cake/buns