



## Recipe of the Month

### July 2016 Carrot Cake

This recipe makes one tray 26x40cm. At school we portion this into 24 portions. The cake freezes really well if you think you have too much for one sitting! Allergens are eggs and gluten.

#### Ingredients

510g carrots, peeled and grated  
4 eggs  
397g soft brown sugar  
170 ml sunflower oil  
1 tsp Cinnamon  
1 tsp Nutmeg  
113g Coconut  
113g Sultanas  
87g Plain flour  
87g Wholemeal flour  
2 tsp Baking powder

#### Method

Grease the tin with a little extra oil  
Whisk the eggs and sugar until thick and creamy.  
Whisk in the oil very slowly  
Add all the remaining ingredients and stir until mixed. The mixture is quite runny.  
Pour into your tin and bake for 20-30 minutes at 180 C until golden brown and springing back when pressed gently. Leave to cool in the tin before portioning.

#### About the ingredients.

**Carrots** are naturally sweet and keep the cake moist. They are a nature's richest source of Vitamin A, which protects against macular disease, cardiovascular disease, stroke and cancer. They are also rich in soluble fibre, which lowers cholesterol that can block arteries. Carrots contain potassium, which lowers blood pressure, as well as folate and vitamin B6, and the antioxidants alpha- carotene, lutein and zeaxanthin.

Using a mix of **plain and wholemeal flour** keeps the sponge light but with the added benefit of the fibre and Vitamin B content of wholemeal flour. Try this tip in fruit cakes and crumbles.

**Cinnamon** is a great spice to include in your baking. It is antibacterial, antifungal, antiviral, and anti-inflammatory! Used widely in Asian cooking I like to add it to apple crumble, porridge and flapjacks.

**Coconut** contains less sugar and more protein than most fruits, and is relatively high in minerals. Coconut milk although high in fat is crammed with nutrients, fibre, vitamin E, folic acid, calcium, copper, selenium, magnesium and manganese. Surprisingly coconut oil raises the body's metabolic rate and



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BUDLEIGH SALTERTON CHURCH OF ENGLAND PRIMARY SCHOOL

therefore helps us to burn more body fat. Although it might be pushing it to say this cake can help you to lose weight!

Enjoy! Juliette Smith, Catering Manager