

Carrot Cake.

Shared by Courtney and Frankie from the MND Community

Servings: 12 slices

Cook time: 25-30 minutes

Ingredients

For the carrot cake

- 175g muscovado sugar
- 175ml sunflower oil
- 3 large eggs, lightly beaten
- 140g grated carrot
- 100g sultanas
- Zest of one orange
- 175g self-raising flour
- 1 tsp bicarbonate of soda
- 1 tsp ground cinnamon
- 1½ tsp ground nutmeg

For the icing

- 175g unsalted butter, softened
- 1 tsp vanilla extract
- 270g cream cheese
- 200g icing sugar

Recipe

1. Preheat oven to 180°C (fan) and grease two 8inch sandwich round tins and line with baking paper.
2. In a large bowl, mix together the muscovado sugar, sunflower oil and eggs until just combined.
3. Stir in the grated carrot, sultanas, and orange zest.

(Turn over for the rest of the recipe)

4. Add the self-raising flour, bicarbonate of soda, cinnamon, and nutmeg.
5. Mix lightly until everything is evenly combined.
6. Transfer the mixture evenly into the prepared tins.
7. Bake for 25–30 minutes, or until a skewer inserted into the centre comes out clean.
8. Leave to cool completely before frosting.
9. For the icing, beat the butter and vanilla extract together until smooth and creamy.
10. Beat in the cream cheese until combined.
11. Gradually sift in and beat through the icing sugar until the icing is smooth and spreadable.
12. Spread over the cooled cake and enjoy!