

# Spiced Carrot Cake

Serves 9-10



## Ingredients

### Dry Ingredients

- 75g/3oz soft brown sugar
- 200g/7oz plain wholemeal flour
- 75g/3oz dried apricots, chopped into small chunks
- 75g/3oz sultanas or dried mixed fruit
- 250g/9oz carrots, peeled and coarsely grated
- 1 teaspoon bicarbonate of soda
- 1 teaspoon mixed spice
- Grated zest of 1 medium orange

### Wet Ingredients

- 90ml/3½ floz sunflower oil
- 2 small bananas, mashed
- 2 large eggs

### Topping (Optional for special occasions)

- 250g/9oz Quark/low fat soft cheese
- 25g/1oz icing sugar
- 2 tsp vanilla extract
- 1 heaped teaspoon ground cinnamon, plus a little extra for dusting

## Method

1. Preheat oven to Gas Mark 3/170°C/325°F.
2. Line a 9x9 inch/23x23 cm square cake tin or a 9 inch/23cm round cake tin with greaseproof paper.
3. In a large bowl, mix together all the DRY INGREDIENTS until combined well.
4. In a separate bowl or large jug beat together all the WET INGREDIENTS.
5. Pour the WET INGREDIENTS into the bowl with the DRY INGREDIENTS and mix well.
6. Pour the mix into the lined tin and cook for about 50 minutes until golden brown. To check if the cake is cooked push a knife or metal skewer into the centre of the cake. If it comes out clean the cake is done.
9. Leave the cake to cool in the tin.
10. Make the topping by mixing all the ingredients in a bowl until light and fluffy. Cover with cling film and chill in the fridge.
11. Once the cake is cool spread the topping over the cake, and dust with a little cinnamon. Cut into 9-10 slices and serve.

For an even healthier version serve the cake without the topping.