Symply TOO GOOD TO BE TRUE

Recipe

CARROT CAKE (Book 1)

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SERVES: 12

2 egg whites
⅓ cup sugar
½ cup apple sauce (in jar)
⅓ cup sultanas
1 cup carrot grated
¼ cup walnuts chopped
1 teaspoon ground ginger
2 teaspoons lemon rind grated
¾ teaspoon bicarb soda
¼ cup warm water
1½ cups self-raising flour
cooking spray

ICING (OPTIONAL)
¾ cup icing sugar
1 teaspoon (5g) Flora Light® margarine
1-2 tablespoons lemon juice

Preheat oven 180 C fan forced. Beat egg whites and sugar together in medium size mixing bowl for 1 minute. Stir in apple sauce, sultanas, carrots, walnuts, ginger and rind to egg mix, dissolve bicarb in warm water, add to mix. Gently fold flour into mixture in one go. DO NOT BEAT as this will make the cake tough. Once flour is combined (mixture can look a little lumpy) pour into a 19cm (8˝) round tin or loaf tin that has been coated with cooking spray. Bake 35-40 minutes or until cake springs back when lightly pressed in centre. Let cake stand for 5 minutes before turning onto cake rack.

To make icing: Mix icing sugar and margarine in a small mixing bowl, slowly add enough juice to make a spreadable consistency. Spread over top of cake. Sprinkle grated lemon rind or a little cinnamon over icing for decoration (optional).

NUTRITIONAL INFO

PER SERVE		PLAIN	ICED
FAT	TOTAL	1.7g	1.9g
	SATURATED	0.1g	0.2g
FIBRE		1.4g	1.4g
PROTEIN		2.9g	2.9g
CARBS		24.2g	32.9g
SUGAR		11.6g	20.1g
SODIUM		185mg	187mg
KILOJOULES		517 (cals 123)	663 (cals 158)
GI RATING		Medium	Medium

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