

Carrot Cake

3 eggs
7 fl oz (175ml) Sunflower Oil
1 teaspoons (5ml) Vanilla essence
2 fl oz (50ml) milk
14oz (350g) Light Muscovado Sugar
10oz (250g) Plain Wholemeal Flour
1 teaspoon (5ml) Ground Nutmeg
2 Teaspoons (10ml) Ground Cinnamon
1 teaspoon (5 ml) Bicarbonate of Soda
12 oz (300g) Grated Carrot
3oz (75g) Desiccated coconut (you can do without this if you want!)

Put oven on at Gas mk 2, 150°C, 300°F
Grease & line an 8in (20cms) round tin
Put eggs, oil, vanilla, milk & sugar in a bowl and mix well (a food processor is best) Mix in flour, spices and bicarbonate of soda and beat well. Fold in grated carrots and coconut.
Pour into cake tin. Cook for 1¾- 2¼ hours until springy when pressed.
Remove from tin to cool.

Topping
(This really finishes the cake off well)
1oz (25g) Demerera sugar
½ teaspoon Vanilla essence
9oz (225g) cream cheese
Optional- carrot sliced very finely to decorate

Beat together the cheese, sugar & essence and spread on the cooled cake.
Try not to eat it all at once!
Tea Cake with Seeds (High in Phytoestrogens)
This makes a dense, moist cake with no eggs, added fat or sugar. You can put in 2 teaspoons of baking powder to make it lighter.

100g or 4oz each of: Soya Flour, Wholemeal Flour, Rolled Oats, Linseed
50g or 2oz each of: Sunflower seeds, Pumpkin Seeds, Sesame Seeds, Flaked Almonds
8oz Raisins
2 pieces chopped Stem Ginger
½ teaspoon each Nutmeg, Cinnamon & Ground Ginger
Approx 1 pint, 425mls Soya Milk
1 tablespoon Malt Extract
Put all the dry ingredients in a bowl and add the Soya Milk and Malt Extract, mix & leave to soak for half an hour.
Put into two lined 1lb loaf tins and cook for 1 hour, or put into one 2lb tin and cook for 1 ½ hours at 190°C, Gas mark 5, 375°F Eat as it is or spread with margarine or butter.