

## Ingredients

**Serves 18**

	<b>18 SERVES</b>
Canola oil spray	To grease tin
Self raising flour	150g
Wholemeal self raising flour	150g
Bicarbonate of soda	½ tsp
Cinnamon	2 tsp
Ground ginger	1 tsp
Carrot, grated	500g
Pecan nuts, chopped	30g
Desiccated coconut	30g
Sultanas	80g
Eggs	2
Apple juice	125ml
Milk	250ml



*Suitable for Soft diets.  
For Minced Moist diets, make  
sure nuts are chopped finely,  
and serve with custard.*

## Method

1. Preheat oven to 200°C and lightly spray a deep 20cm cake tin with oil.
2. Sift flours, bicarb soda and spices into a large bowl. Add carrot, nuts, coconut, and sultanas and mix well.
3. In a jug, beat eggs. Add apple juice and milk and stir until combined.
4. Add wet ingredients to dry ingredients and stir well until combined. Pour batter into prepared cake tin and bake for 40-45 minutes or until cooked through. Let cake sit in the tin for a few minutes before turning onto a wire rack to cool.

## Nutrition, hints and tips

- This cake is high in fibre from the added wholemeal flour, carrots, sultanas and nuts. Fibre assists with bowel regularity and preventing constipation.
- Carrots, sultanas and apple juice are a good source of Vitamin C which is a nutrient important for wound healing.
- Top with a cream cheese icing prepared by beating 200g cream cheese (softened), 3 tbs sugar and 2 tsp finely grated lemon zest together.
- Other varieties of fruit and nuts could be used such as mixed dried fruit or walnuts.
- Best served cool if topped with icing, or warm if served with custard or yoghurt.