



Cook time: 45 mins

Serves: 12

Prep time: 10 mins

Orange Carrot Cake

Ingredients

- 1 $\frac{2}{3}$ cups flour
- 1 $\frac{1}{2}$ tsp baking soda
- 1 $\frac{1}{2}$ tsp ground cinnamon
- $\frac{3}{4}$ tsp baking powder
- $\frac{1}{2}$ tsp salt
- 2 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup dark brown sugar
- Juice of 1 orange (~70ml)
- Zest of 1 orange
- $\frac{1}{4}$ cup of canola oil*
- 2 carrots, grated
- 50g almond flakes*

*Choose products with the Healthier Choice Symbol.

Method

- Preheat oven to 180°C.
- Combine flour, baking soda, cinnamon, baking powder and salt. Whisk the flour mixture with a whisk or fork.
- In a large bowl, with the mixer on medium speed, beat eggs until blended. Add in sugars and beat for 2 minutes. On low speed, beat in orange juice and oil.
- Add flour mixture and stir until just combined. Stir in carrots and orange zest.
- Pour batter into pan and top with almonds.
- Bake for 20 minutes at 180°C. Lower the temperature to 160°C and bake for another 25 minutes or until toothpick comes out clean when inserted into the centre.
- Cool in pan for 10 minutes. Invert cake onto rack and cool completely.

Nutrition Information (Per Serving):

Energy: 201kcal

Protein: 3.7g

Total fat: 7.5g

Carbohydrates: 30.6g

Dietary fibre: 1.5g