

## Carrot Cake

Serves 10

The St Peter's Hospital Dietitian's favourite

3 eggs  
50g soft brown sugar  
100g sunflower oil  
1 orange rind and juice  
200g self-raising wholemeal flour  
200g finely grated carrot  
50g chopped walnuts  
175g light cream cheese  
25g unsalted butter  
2 tbs artificial sweetener  
1 tsp vanilla extract  
1-2 tbs orange juice

### Top Tip

Not all artificial sweeteners can withstand heat and therefore the cake may taste metallic and bitter. So make sure you check on the sweeteners label that it is suitable for baking.

1. Preheat the oven to 180°C/350°F/Gas Mark 4.
2. Beat together the eggs, sugar, oil and orange rind.
3. Mix in sifted flour, followed by the grated carrots and walnuts.
4. Pour into an oiled, greased and lined 20cm/8" round cake tin.
5. Place on the centre shelf of oven and cook for 45-50 minutes (40-45 for a fan oven) until risen and a skewer inserted in the centre comes out clean.
6. Cool the cake slightly before turning out onto a wire rack to cool.
7. Beat the cream cheese and butter until smooth and add the artificial sweetener, vanilla extract and orange juice.
8. Spread over the cake.

### Nutritional information

Energy	300kcal
Fat	20g
Carbohydrate	21g
Sugar	10g
Fibre	2g