

Honeyed Carrot Cake

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Cakes sweetened with honey are naturally more moist, as the honey lends sweetness and texture, but they also have a completely unique flavour. This honey cake, sweetened with carrots and gently spiced with ginger, nutmeg and cinnamon, is a great mid-morning cake - it will definitely keep you going til lunch.

Ingredients:

375g plain flour
175ml buttermilk
125ml veg oil
225g grated carrots
125g crushed pineapple in juice, drained
3 eggs
500ml runny honey
2 tsp. vanilla
115g chopped walnuts
2 tsp. each bicarb of soda and ground cinnamon
1/2 tsp. salt
1/4 tsp. each ground nutmeg and ginger

Directions:

1. Preheat oven to 180C. Grease a 20x30cm cake tin.
2. In one bowl, sift the flour, bicarb, cinnamon, salt, nutmeg and ginger. In another, beat together the buttermilk, oil, eggs, honey and vanilla. Add the wet mixture to the dry mixture and stir until combined. Fold in the carrots, pineapple and walnuts. Pour into the prepared baking tin.
3. Bake for 50 minutes to 1 hour until a skewer inserted into the centre comes out clean. Leave to cool before serving.

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