



Banana and carrot cake



www.activekidsgetcooking.org.uk



Ingredients

- 150g (wholemeal) plain flour
- 1 x 5ml baking powder
- ½ x 5ml spoon bicarbonate of soda
- ½ x 5ml spoon ground cinnamon
- ½ x 5ml spoon ground nutmeg
- 100g soft brown sugar
- 2 ripe bananas
- 2 medium eggs
- 60ml vegetable oil
- 100g sultanas
- 150g grated carrot





Equipment



- Weighing scales (not shown)
- Mixing bowl
- Small bowls
- Plate and fork
- Measuring spoons
- Wooden spoon
- Spatula
- Whisk
- Skewer
- Sieve
- Measuring jug
- 20 – 22 cm cake tin/mould
- Baking tray
- Oven gloves



www.activekidsgetcooking.org.uk



Prepare the ingredients



Pre-heat the oven to 180°C,
Gas Mark 4



1. Mash the bananas on a plate.



2. Mix the oil and eggs together and whisk until the mixture is pale and smooth.



Sieve the dry ingredients



3. Put the flour into the mixing bowl and then sieve in the baking powder, bicarbonate of soda, cinnamon and nutmeg.
4. Make a well in the middle, pour the egg and oil mixture into the well.
5. Mix well to make a soft, (not runny) batter.





Add the remaining ingredients



6. Add the sugar, mashed bananas, grated carrot and the sultanas.



7. Mix thoroughly, to make a smooth, thick batter (as the ingredients combine the mixture will become thinner).



Cooking the cake



8. Pour the batter into the mould or tin (a metal tin needs lining with greaseproof paper). Level the top with the spatula or a knife



9. Place on a baking tray so it is easier to transfer the cake to and from the oven (use oven gloves to do this).



10. Bake for 35–40 minutes at 180°C, Gas Mark 4 until well risen and golden brown. Test to see if it is cooked by pushing a skewer into the centre of the cake. If it comes out clean the cake is cooked.



Serve the cake with or without frosting



11. Remove the cake from the tin or mould.

12. Allow to cool.



13. Serve the cake plain or make some frosting and some grated orange zest. (see the next slide for a frosting recipe)



Making frosting



1. In a bowl mix together:
 - 60g low fat soft cheese
 - 60g margarine or butter
 - 125g sieved icing sugar
 - 1 x 5ml spoon fresh orange juice
 - 1 x 5ml spoon vanilla essence.
2. Make sure the cake is cold then spread the frosting. Or serve the frosting separately so that people can choose whether or not to have the frosting.

