

Carrot and Vegetable Cake with Cinnamon Icing

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This is perhaps one of the most unusual cakes on the website – containing no less than 3 different vegetables. Having said that, it's brilliantly flavoured whilst cleverly disguising the vegetables hidden inside. Serve with the cinnamon icing spread liberally over the cake and some thick double cream.

Ingredients:

2 large carrots
1 large parsnip
1 large courgette
1 large apple (all grated)
150g caster sugar
150g plain flour
70g wholemeal flour
125ml vegetable oil
3 large eggs
4 tbsp. dark brown sugar
1 tsp. ground cinnamon
1 tsp. ground ginger
1 ½ tsp. bicarbonate of soda
Pinch of salt

For the topping:

200g icing sugar
150g cream cheese
75g butter
2 tsp. ground cinnamon
Dash of vanilla extract

Directions:

1. Preheat the oven to 180C/gas mark 4. Line and grease a 25cm square cake tin.
2. In a large bowl, sift the flours, salt, cinnamon, ginger and bicarb.
3. In a second large bowl, beat the eggs with the sugars. Add the vanilla extract and oil and beat to combine everything.
4. Slowly tip the flour into the wet mixture until all the dry ingredients are absorbed.
5. Fold the grated vegetables along with the apple into the cake mixture. Once combined, pour the mix into the prepared cake tin.
6. Cook for 45 minutes to one hour, or until a skewer inserted into the middle of the cake comes out clean.
7. Leave to cool for at least two hours. Once cooled, you can make a start on the icing.
8. Simply beat together the cream cheese and butter with the sugar until smooth. Add the cinnamon and vanilla and combine and then simply spread the icing over the cake.

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