Carrot & sultana loaf

Carrot & sultana loaf

Preparation: about 30 minutes
Cooking: about 1 hour 15 minutes
Serves: 8

Rice bran or canola spray oil, for greasing
2 medium (about 400g) carrots, coarsely grated
2 cups plain flour
1 tsp bicarbonate of soda
2 tsp baking powder
1 tsp ground cinnamon
Pinch salt
¾ cup raw sugar
¼ cup desiccated coconut
½ cup sultanas
3 eggs (at room temperature),
    lightly whisked
½ cup rice bran oil or vegetable oil
450g can unsweetened crushed
    pineapple, well drained
Finely shredded lemon rind, to serve

Carrots
• An excellent source of vitamin C, which helps protect the body against infections.
• Provides folate, one of the B group vitamins that is needed by the nervous system and is especially important in the early stages of pregnancy.

Cream Cheese Frosting
125g 80% less fat cream cheese
2 cups icing sugar mixture, sifted
2 tsp lemon juice

1. Preheat oven to 180°C/160°C fan-forced. Lightly spray a loaf pan (base 21cm long x 11cm wide x 7cm deep) with oil and line with baking paper.

2. Place grated carrots into a large bowl. Sift over flour, soda, baking powder, cinnamon and salt. Stir in sugar, coconut and sultanas.

3. Combine eggs, oil and pineapple in a bowl. Mix well. Pour egg mixture into dry ingredients. Using a large metal spoon, gently fold to combine. Pour mixture into prepared pan and smooth top. Bake for 1 hour 10 minutes to 1 hour 15 minutes until golden and cooked through when tested with a skewer. Cool in pan for 15 minutes, then transfer to a wire rack to completely cool.

4. To make cream cheese frosting, using electric hand beaters, beat ingredients in a bowl until light and fluffy. Spread over cooled cake, decorate with lemon rind and serve.

For fresh fruit and vegetable recipes visit
www.sydneymarkets.com.au

SYDNEY MARKETS