



## CARROT CAKE with CALIFORNIA PRUNES

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Some cake is pretty much fat and sugar, but this is not one of those. This cake is surprisingly nutritious, with lots of fibre meaning it has a low glycaemic index and doesn't spike blood sugar. There is beta carotene from the carrots which is good for eye-sight but also has been found to be correlated with a lower risk of fractures; manganese from the California Prunes which is necessary for the mineralization of bone; calcium from the cream cheese and from the oil, vitamin D without which we can't absorb calcium. It even has omega 3 fats from the walnuts which are anti-inflammatory. All that from a cake!

**Bake Time:** 30 minutes  
**Serves:** 10

### Ingredients:

150g brown sugar  
175ml vegetable oil  
3 eggs, beaten  
225g carrots, grated  
50g California Prune puree  
175g wholemeal self-raising flour  
1 tsp baking powder  
1 tsp cinnamon  
60g chopped walnuts (reserve a few for garnish)  
60g California Prunes, finely chopped (reserve a few for garnish)

### *For the icing*

200g low fat cream cheese  
60g California Prunes



### Here's How:

1. Preheat the oven to 180°C (160°C fan) and line two 18cm sandwich tins with baking parchment.
2. Whisk together the eggs, oil and sugar then mix in the carrots and California Prune puree. Make sure it is well blended with no clumps of carrots or sugar.
3. Then add the dry ingredients: flour, baking powder and cinnamon. Mix gently but well until completely combined then add the walnuts and sprinkle in the chopped California Prunes, making sure they are well distributed.



4. Divide the mixture between the two cake tins and bake for 30 mins.
5. Stick a skewer into the centre of each cake. If it comes out clean they are cooked, if not cook for a further 5 mins and check again.
6. Turn the cakes out onto a rack and leave to cool completely.
7. Meanwhile, in a food processor, blend together the cream cheese and California Prunes to make the icing.
8. When the cake is completely cool, divide the icing between the middle and top of the cake, topping with the reserved chopped prunes and walnuts.

**Link to Website:** <https://www.californiaprunes.net/recipes/carrot-cake-with-california-prunes/>