



Carrot and Walnut Cake

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Makes 18 slices

1³/₄ cups white self-raising flour
2²/₃ cup wholemeal self-raising flour
1¹/₂ teaspoon bicarbonate of soda
2 teaspoons mixed spice
1¹/₂ teaspoon ground nutmeg
1¹/₂ cup sultanas
1¹/₂ cup chopped walnuts
1¹/₂ cup brown sugar
1¹/₄ cup light olive (or canola) oil
2 eggs
2²/₃ cup buttermilk
2 teaspoons vanilla essence
1¹/₂ cups grated carrot
225g canned crushed pineapple in natural
juice, undrained
double quantity Lemon Yoghurt Icing
1¹/₃ cup chopped walnuts, extra

Sift together flours, bicarbonate of soda, mixed spice and nutmeg into a bowl. Add sultanas and walnuts. In a separate bowl, beat sugar and oil until light and fluffy. Beat in eggs, one at a time. Stir in buttermilk and vanilla essence. Fold in flour mixture, carrot and pineapple. Pour mixture into greased and lined 28cm round cake pan. Bake at 180°C for 20-25 minutes or until cooked when tested with a skewer. Stand for 5 minutes. Turn onto a wire rack to cool. Spread cold cake with Lemon Yoghurt Icing (pg 138). Sprinkle with extra walnuts.

F&P: Can be frozen without icing for up to 3 months.