



Neil's Fabulous Carrot Cake

Recipe provided by Neil McWhannell
Chief Executive Officer, HeartKids Australia



Ingredients

1 cup wholemeal flour
1 cup plain flour
½ teaspoon salt
2 teaspoons cinnamon
1 teaspoon mixed spice
1 teaspoon ginger
1 cup oil
1 small cup caster sugar
4 eggs
3 cups grated/minced carrot
½ cup chopped or minced walnuts

2 tsp baking soda
1/3 cup crushed pineapple
Milk (if required)

Icing

27 grams soft butter
125 grams cream cheese (not spreadable type)
Rind and juice from ½ lemon
2 cups icing sugar
Chopped walnuts (garnish)

Method

1. Preheat oven to 150degC.
2. Mix flours, salt, spices, ginger, oil, sugar, eggs, carrot and walnuts in a mixing bowl.
3. Add baking soda (crush to remove lumps)
4. Add pineapple (makes it lovely and moist)
5. Mix – if a little thick add 1 tablespoon milk
6. Pour into greased and lined baking tin – lift and drop to remove air
7. Bake in oven for 55 – 60 min
8. Once cooked place upside down on cooling rack to flatten top.
9. Blend icing ingredients in kitchen whizz.
10. Garnish with chopped walnuts