

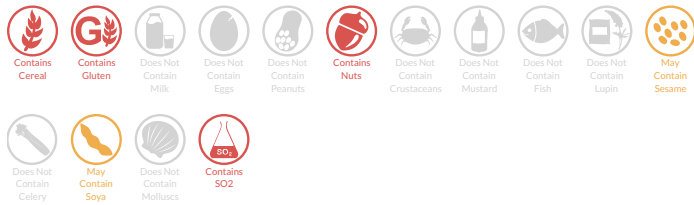
Ingredients

Product	Quantity
FOR THE ICING:	0.00 g
Icing Sugar	450.00 g
Dairy Free Spread	45.00 g
2tsp - Vanilla Extract	1.00 g
1tsp - Apple Cider Vinegar	1.00 g
3-4tbsp - Lemon juice, fresh	1.00 g
FOR THE CAKE:	0.00 g
Coconut Oil (Melted)	230.00 g
Light Brown Soft Sugar	300.00 g
2tsp - Vanilla Extract	1.00 g
Almond Milk	215.00 g
Plain White Flour	420.00 g
1 & 1/2tsp - FAIRWAY BICARBONATE OF SODA	1.00 g
1 & 1/2tsp - FAIRWAY BAKING POWDER	1.00 g
1tsp - FAIRWAY GROUND CINNAMON	1.00 g
1tsp - FAIRWAY GROUND GINGER	1.00 g
A Pinch of Ground Cloves	1.00 g
1 Lemon (Zest Only)	1.00 g
Grated Carrots	250.00 g
Walnuts	100.00 g

Serves: 8

Allergy Information

Key: Contains May Contain

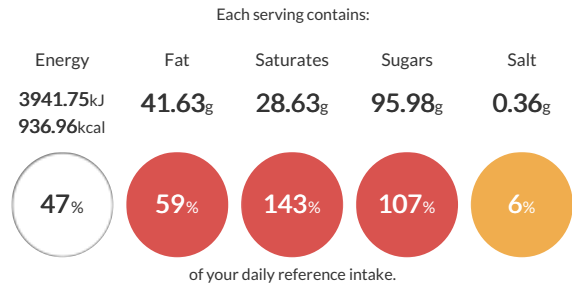


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

Energy	3941.75kJ 936.96kCal
Protein	7.38g
Carbohydrates	133.38g
of which sugars	95.98g
Non Milk Extrinsic Sugars	0g
Fat	41.63g
of which saturates	28.63g
Fibre	3.95g
Salt	0.36g
Sodium	0.06g
Iron	0.1mg
Calcium	41.8mg
Zinc	0.03mg
Folate	0.02µg
Vitamin A	0.34µg
Vitamin C	1.46mg

Method & Recipe Notes

1. To make the icing, place everything in a large mixing bowl and mix until light and fluffy. If the mixture is too stiff add a little more lemon juice. Set aside until needed. 2. Heat the oven to 180C. Grease 2 x 20cm sandwich tins with a little melted coconut oil and line the bottoms with parchment paper. 3. Whisk together the oil and sugar, then add the vanilla and milk. Make sure the milk is a bit warm as the oil might start to solidify if not. 4. Combine the flour, baking powder, bicarb, spices and lemon zest in a separate bowl. Add these to the wet mixture and mix well. 5. Chop 80g of the walnuts and add these to the mixture along with the grated carrot and stir. Divide the mixture evenly between the prepared tins and bake for 35 minutes until a skewer inserted into the middle of the cake comes out clean. 6. Allow to cool in the tin for 10-15 minutes, then turn onto a wire cooling rack and allow to cool completely. 7. Sandwich the cakes together with half of the icing in the middle and the other half on top. Decorate with remaining walnuts. You can crush some up and sprinkle these over too. 8. Enjoy!

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