

Healthy Carrot Cake

Moist, naturally sweetened and packed with real food goodness, this is carrot cake with a wholesome twist and always a hit in my family!

Great for lunchboxes or afternoon tea.



Ingredients

- 1 cup plain flour (can use Gluten Free)
- 3/4 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/2 cup raw sugar
- 2 free range eggs
- 5 tablespoons cold-pressed olive oil
- 1 big cup grated carrot
- 400g crushed pineapple (well-drained)
- 1/2 cup chopped walnuts

Method

- Preheat oven to 175C/350F.
- Thoroughly mix dry ingredients.
- Whisk eggs and olive oil and add to dry ingredients. Stir to form a batter.
- Fold in the carrots, pineapple and walnuts.
- Pour into a lined loaf tin.
- Bake in the oven for 35-40 minutes.