

Carrot and Zucchini Fruit Cake

Ingredients:

- 2 medium sized carrots grated
- 1 medium sized Zucchini grated
- 1 small granny smith apples peeled, cored and grated
- ½ cup chopped dates
- ½ cup currants
- 3 – 4 large eggs
- ½ cup rice bran or any lightly flavoured oil
- ½ cup of buttermilk
- 2 tspns vanilla essence
- Grated zest of an orange
- 2 cups of SR flour sifted
- 1 tspn each of ground cinnamon, cardamom and ginger
- 2 tbpns of LSA (Ground Linseeds, Sunflower seeds and almonds)
- ½ cup brown sugar



Method:

Preheat fan forced oven to 180c

In a large bowl, combine carrots, zucchini, apple, dates, currants and orange zest.

Add flour, spices, LSA and sugar to fruit mixture.

Whisk eggs, buttermilk, oil, buttermilk and vanilla essence and add to fruit/flour mixture.

Spoon in to a 25 cm diameter baking tin lined with baking paper and bake for approx 1 hour or until golden brown. Test with a skewer.

Allow to cool and dust with icing sugar and sprinkle with Vanilla sugar.

This cake is delicious served with a cuppa or served warm with ice cream for dessert.