

Low Fat Carrot Cake

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This is a great cake to have if you're watching your weight but still want to eat something delicious. It's lower in fat due to the lack of high-fat shortenings such as butter or oil, but it's still moist due to the addition of fruit. It will also fill you up for longer due to the addition of wholemeal flour.

Ingredients:

250g caster sugar
225g apple puree (it's better for you if you make this at home, but if you don't have time, simply use a shop-bought variety)
225g grated carrots
120g plain flour
120g wholemeal flour
110ml skimmed milk
6 egg whites
1 tin of pineapple in juice (220g)
1 tsp. vanilla essence
1 tsp. ground cloves
1 tsp. ground cinnamon
1 tsp. ground nutmeg
2 tsp. bicarbonate of soda

Directions:

1. Preheat the oven to 180C/gas mark 4. Line a 25cm square cake tin with greaseproof paper, then grease again with some light olive oil. It just makes everything come out of the tin much easier, meaning no stuck bits.
2. Lightly blitz the pineapple chunks in a food processor or using a hand blender.
3. In a large bowl, whisk the egg whites until stiff and shiny. Beat in the sugar, 50g at a time, and then add the apple puree, skimmed milk, and vanilla.
4. Sift the flour into the egg whites and slowly fold it in. Add the cloves, cinnamon, nutmeg and bicarb.
5. Stir the pineapple into the mixture and then the carrots.
6. Pour the mixture into the greased cake tin, and then put into the oven for 40 minutes. Check if it's cooked by inserting a clean skewer into the very centre of the cake.

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