**Lighter spiced carrot cake**

**PREP: 30 MINSCOOK: 30 MINS** plus cooling. freeze uniced

**CUTS INTO 15 SQUARES**

All the joy of baking with healthier results! This traybake uses sweet potato for natural sweetness and lower fat frosting.

Nutrition; per square

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Kcal | Fat | Saturates | Carbs | Sugars | Fibre | Protein | Salt |
| 269 | 10g | 1g | 38g | 25g | 3g | 6g | 0.4g |

**Ingredients**

* 125ml rapeseed oil, plus a little extra for greasing
* 300g wholemeal flour
* 2 tsp baking powder
* 1 tsp bicarbonate of soda
* 1 tbsp mixed spice
* 100g dark soft brown sugar
* 140g carrots, grated
* 140g sweet potato, peeled and grated
* 200g sultana
* 2 large eggs
* 4 tbsp agave syrup
* juice 2 oranges

For the icing

* 200g quark
* 50g fromage frais
* 3 tbsp icing sugar, sifted
* zest 1 orange

**Method**

1. Heat oven to 180C/160C fan/gas 4. Grease and line a 20 x 30cm traybake tin with baking parchment. Mix together the flour, baking powder, bicarb, spice and sugar in a big mixing bowl. Stir in the grated carrots, sweet potatoes and sultanas. In a jug, whisk together the eggs, rapeseed oil, agave syrup and juice from 1 orange. Tip the wet ingredients into the bowl and stir to combine, then scrape into the tin. Bake for 25-30 mins until a skewer poked in comes out clean. Prick all over with a skewer and drizzle over the remaining orange juice. Cool in the tin.
2. Once cool, make the icing. Stir the quark with a spoon to make it a bit smoother, then fold in the fromage frais, icing sugar and orange zest. Spread all over the cake and slice into squares to eat.

Taken from bbcgoodfood.com