

CARROT CAKE

MEN ONLY

4 medium eggs; 200g runny honey; 300g grated carrot; Zest of 1 orange; 275g plain wholemeal flour; $\frac{1}{2}$ tsp salt; 1 tsp mixed spice; 1 tsp ground allspice; 50g raisins; 50g currants; 50g walnuts - roughly chopped; $2\frac{1}{2}$ tsp baking powder

1 Preheat the oven to $170^{\circ}\text{C}/325^{\circ}\text{F}$ /Gas 3.

Beat the eggs and honey together with electric beaters until well combined, then stir in thoroughly the carrots, orange zest, spices, raisins, currants and walnuts.

2 Mix together the flour baking powder and sat. Add half the carrot mixture, stir then add the rest and mix well until combined,

3 Pour into 20x20cm non-stick square cake tin and place in the oven for 1 hour.

4 After 1 hour remove the cake from the oven and insert a metal skewer into the middle, if it

comes out clean the cake is cooked. If not cook for a further 5-10 minutes until cooked thoroughly. Place on a wire rack to cool.

M G BROOKS