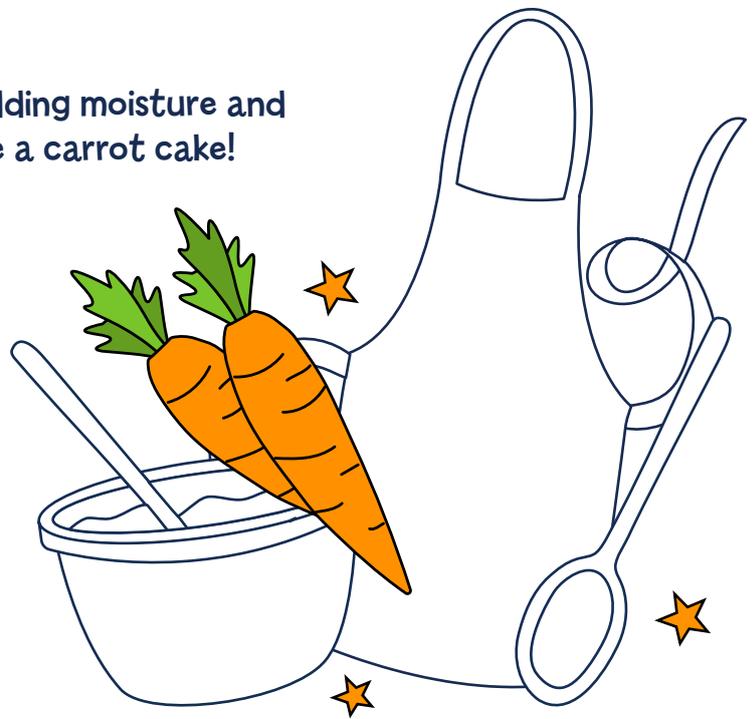


Carrot Cake Recipe

Veggies can be surprisingly delicious in cakes, adding moisture and extra goodness. Follow the instructions to make a carrot cake!

What You Need:

- 150g light muscovado sugar
- 175ml sunflower oil
- 3 large eggs
- 140g grated carrot (about 3 medium carrots)
- 100g raisins
- 1 large orange (zested)
- 175g self-raising flour
- 1 tsp bicarbonate of soda
- 1sp ground cinnamon
- 1/2 tsp grated nutmeg
- 175g icing sugar
- 2 tbsp orange juice



Recipe adapted from BBC Food.

Method:

1. Preheat your oven to 180°C/160°C fan/gas mark 4 before lining the base and sides of an 18cm square cake tin with baking paper.
2. Lightly mix together the sugar, oil, and eggs in a bowl using a wooden spoon.
3. Stir in the grated carrots, raisins, and orange zest.
4. Sift in the flour, bicarbonate of soda, cinnamon, and nutmeg. Give everything another mix until the mixture is soft and almost runny.
5. Pour the mixture into the cake tin and bake in the centre of the oven for 40-45 minutes. You can test if your cake is done by poking a toothpick or skewer into the middle. If it comes out clean, it's ready!
6. Let the cake stand in the tin for around 5 minutes before turning it out. Place it on a wire rack to cool completely.
7. Beat together the icing sugar and orange juice in a small bowl (this should be as runny as single cream).
8. Place the cake on a serving plate and drizzle the icing on top of the cake in diagonal lines.

Chocolate Beetroot Cake Recipe

Veggies can be surprisingly delicious in cakes, adding moisture and extra goodness. Follow the instructions to make a beetroot cake!

What You Need:

- 3 large eggs
- 50g cocoa powder
- 150g self-raising flour
- 2 tsp baking powder
- 175g light muscovado sugar
- 300ml sunflower oil
- 225g raw beetroot (peeled and grated)
- 200g milk or dark chocolate (broken into pieces)
- 200ml double cream



Recipe adapted from BBC Food.

Method:

1. Preheat your oven to 180°C/160°C fan/gas mark 4 before lining the base and sides of a 30 x 23cm / 12 x 9in cake tin with baking paper.
2. Lightly mix the eggs, cocoa powder, baking powder, and sugar in a large bowl using a wooden spoon. Gradually add the oil and beat until mixed together.
3. Once you have a smooth mix, stir in the grated beetroot.
4. Spoon the mixture into your cake tin and bake for about 35 minutes, or until risen and springy to the touch. You can test if your cake is done by poking a toothpick or skewer into the middle. If it comes out clean, it's ready!
5. Let the cake stand in the tin for around 5 minutes before turning it out. Place it on a wire rack to cool completely.
6. To make the icing, put the chocolate and cream into a heatproof bowl. Place this over a saucepan of simmering water but, make sure it doesn't touch the bottom of the bowl. Mix the chocolate and cream together as it melts. This is called a bain-marie or double boiler. Ensure younger adventurers are assisted.
7. Once the chocolate and cream are melted together, leave to cool a little before pouring over the top of your cake.

Courgette and Lime Cake Recipe

Veggies can be surprisingly delicious in cakes, adding moisture and extra goodness. Follow the instructions to make a courgette cake!

What You Need:

- 2 large eggs
- 125ml vegetable oil
- 85g soft brown sugar
- 350g courgette (grated)
- 1 tsp vanilla extract
- 300g plain flour
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp bicarbonate of soda
- 1/2 tsp baking powder
- 275g soft cheese
- 100g icing sugar
- 1 lime (zested)
- 2bsp lime juice



Recipe adapted from BBC Food.

Method:

1. Preheat your oven to 180°C/160°C fan/gas mark 4 before lining the base and sides of a 2lb loaf tin with baking paper
2. Whisk together the eggs, oil, and sugar in a large bowl.
3. Stir in the courgettes and vanilla extract.
4. In another bowl, mix together the flour, cinnamon, nutmeg, bicarbonate of soda, and baking powder along with a pinch of salt.
5. Fold the dry ingredients into the wet. Once combined, pour into the loaf tin.
6. Bake in the centre of the oven for 1 hour. You can test if your cake is done by poking a toothpick or skewer into the middle. If it comes out clean, it's ready!
7. Let the cake stand in the tin for around 5 minutes before turning it out. Place it on a wire rack to cool completely.
8. For the icing, tip the soft cheese into a bowl and sift over the icing sugar. Add in the lime juice and mix everything together.
9. Spread over the top of the cooled cake and sprinkle with lime zest.