

Carrot and Parsnip Cake by Brendan



Ingredients:

- 12 oz (300gr) Carrots & Parsnips.
- 4oz (100gr) Hazel Nuts or Walnuts chopped.
- 8oz (200gr) Sugar.
- 8oz (200gr) Plain flour.
- 2 tsp. Cinnamon.
- ½ Tsp Salt.
- 8 fl.oz Sunflower Oil.
- 3 Large Eggs.
- 1 Tsp Vanilla Essence.
- 2 Tsp Baking Powder.



Cream Cheese filling/topping optional:

- 8 oz (200gr) Cream Cheese.
- 4 oz (100) Butter.
- 4 Tbs. Icing Sugar.
- 1 Tsp Vanilla Essence.



Method:

Grate carrots and parsnips and add nuts.

Blend together sugar, flour, cinnamon, salt, vanilla essence and baking powder.

Beat the eggs and oil together, then add the 'dry' ingredients.

Put mixture into two loaf tins or a small tray-bake.

Bake at 180 C/ 375 F for about 30 Mins. Approximately.