

Moist Carrot Cake

Ingredients

- 9ozs Wholemeal flour
- 6ozs Muscavado or Barbados sugar
- 6ozs Soft brown sugar
- 3 Eggs
- 6fl ozs Sunflower oil
- 2fl ozs Soured cream
- 2 tsps Vanilla essence
- 1 tsp Nutmeg
- 2 level tsps Cinnamon
- 1 tsp Bicarbonate of Soda
- ½ teaspoon Salt
- 11ozs grated Carrots
- 3ozs Dessicated Coconut

Topping/Icing

- 6ozs Philadelphia Cheese
- 3ozs Unsalted Butter
- 3ozs Icing sugar
- Juice of 1 Lemon



Method

1. In one bowl sift flour, nutmeg, cinnamon, soda and salt.
2. In another bowl sieve all the sugars and add eggs, oil, vanilla essence and soured cream the beat together.
3. Fold dry ingredients in, followed by carrots and coconut then mix well.
4. Put into an 8" round, lined tin and bake at 150°C for 1½ - 2 hours on the centre shelf.
5. Cool and spread the icing in the middle and on top. If you can wait it's even better the following day.