

# Carrot Cake



2.5:1 ratio

- **Preparation time:** 20 minutes
- **Cooking time:** 25 minutes
- **Recipe makes** 6 portions

Recipe provides **approximately:**

Nutritional content	Quantity				Your recipe
	per 1 portion		per 6 portions		
Fat	15.5g	12.2g LCT	93.1g	73.1g LCT	
		3.3g MCT		20g MCT	
Protein	3.9g		23.5g		
Carbohydrate	2.3g		13.5g		
Energy (calories)	164kcal		986kcal		





# Carrot Cake

Ingredients	Quantity	Your recipe
<b>Carrot Cake</b>		
Butter, room temperature	25g	
Sweetener e.g. Sukrin® gold	14g	
<b>MCTprocal®</b>	32g	
Ground almonds	64g	
Carbohydrate-free baking powder e.g. Barkat	3g	
Walnuts, chopped	10g	
Cinnamon	2g	
Vanilla essence	2 drops	
Egg, beaten	25g	
Water	30g	
Sugar-free maple syrup e.g. Walden Farms	10g	
Carrot, finely grated	10g	
<b>Cream cheese icing</b>		
Sugar-free icing sugar e.g. Sukrin®Melis icing sugar	20g	
Cream cheese, full fat	20g	
Double cream e.g. Morrison's or Tesco	6g	

## Method:

### Carrot cake

1. Pre heat oven to 180°C/160°C fan/gas mark 4.
2. In a bowl, add butter and sweetener, mix for 2 minutes until fluffy.
3. Add **MCTprocal®**, ground almonds, carbohydrate-free baking powder, walnuts, and cinnamon. Using fingers, rub the mixture to a sandy texture.
4. Add egg, water, vanilla essence, sugar-free maple syrup and 8g of carrot, mix until a smooth, thick batter is formed.
5. Line a 12cm diameter spring loaded tin and pour in cake mixture.
6. Bake for 25 minutes or until a metal skewer inserted into the middle comes out clean.
7. Transfer the cake to a wire rack and leave to cool completely.

### Cream cheese icing

1. Add sugar-free icing sugar and cream cheese to a bowl, mix together.
2. Add the double cream, continue to mix until combined.
3. Using a palette knife, spread the cream cheese icing over the top of cake.
4. Sprinkle the remaining 2g of carrot over the top, cut into 6 equal portions and serve.

**MCTprocal®** is a food for special medical purposes and must be used under medical supervision.  
This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.