

Neff CircoTherm® If you do not have a Neff CircoTherm® oven just alter the temperature to; 170°C fan, 180°C conventional or gas mark 5.

Serves 8-10 slices

Prep: 15 minutes

Cook: 1 hr 15 minutes at 160°C

200 g/7 oz plain flour
140 g/5 oz caster sugar
1 tsp baking powder
2 medium eggs, beaten
150 ml/6 fl oz low fat
sunflower oil
140 g/5 oz peeled and
grated carrot

Zest of 1 orange
55 g/2 oz sunflower seeds,
pecan nuts, shelled
pistachio nuts, roasted
hazelnuts, dried apricots
and dried mixed fruit
30 g/1 oz icing sugar
1 tbsp orange juice

- Grease a 19x9 cm loaf tin and turn on the oven to CircoTherm® temperature 160°C.
- Roughly chop the nuts, dried apricots and grate the carrot.
- Sift the flour into a bowl, add the caster sugar and the rest of the dry ingredients.
- Beat the eggs and combine with the sunflower oil.
- Slowly add the eggs and oil to the dry ingredients and mix well. Cooks tip – it should be wet enough to just fall off the spoon when tapped.
- Spoon the mixture into the prepared tin and bake at 160°C for around 1 hour 15 minutes.
- Remove the loaf from oven and let it cool in the tin for 30 minutes. When cool, mix together 30g of icing sugar with 1 tablespoon of orange juice and drizzle over the top.

ENJOY!



COOKING PASSION SINCE 1877



CARROT & NUT CAKE