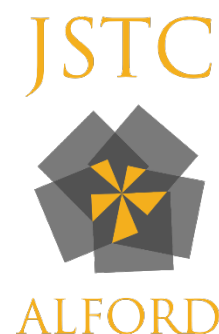


Recipe Suggestion for ingredients from the School Food Boxes

Apple, Banana & Carrot Cake



Food Box Ingredients:

3 Apples – wash and grate leaving skin on
2 Bananas - mash

Other Ingredients:

1 Carrot - grate
250g Plain Flour
150g Granulated Sugar
125 ml of Vegetable Oil
2 Eggs – beat together
2 teaspoons Baking Powder
2 teaspoons of Ground Cinnamon
1 teaspoon of Vanilla Essence
½ teaspoon of Salt

Method:

- 1 Preheat the oven to Gas 4/ 160°C or fan oven 140°C.
- 2 Prepare and weigh all the ingredients as stated above.
- 3 Combine all the wet ingredients in a large bowl and mix well. Oil/Apples/ Bananas/ Eggs/ Vanilla Essence.
- 4 Combine dry ingredients in a separate bowl and mix well. Plain Flour/ Sugar/ Bicarbonate of Soda/Ground Cinnamon/ Salt.
- 5 Add the dry ingredients to the wet ingredients and mix thoroughly with either a wooden spoon or spatula.
- 6 Pour into an ungreased Loaf or Small Roasting Tin (a round tin is fine as long as it has high sides).
- 7 Place on the middle shelf and bake for an hour. Check the cake half way through and if the top is colouring too much, cover with greaseproof paper.
- 8 After an hour, remove from the oven and check the cake is cooked in the middle by using a skewer. If the skewer comes out of the cake 'clean' then it is cooked. If the cake is still 'wet' in the middle then return it to the oven for a few more minutes.
- 9 When cooking has finished, remove the cake from the oven. Leave the cake in the tin for a further 5 to 10 minutes to cool before removing and placing on a cooling rack.