

Nanna's Carrot & Orange Flourless Cake

Serves: 12 people

Time:

15 min prep time. 60 minutes cooking time. 15mins cooling time.

Ingredients:

- Melted butter for greasing
- 1 orange
- 1 cup of carrots
- 3 eggs
- 1 cup of caster sugar
- 3 cups of almond meal
- 1 tsp gluten-free baking powder
- Orange Yogurt Icing
- ¾ cup of sifted icing sugar
- 2 tbsp plain nonfat yogurt
- 1 tsp finely shredded orange peel
- 1 tsp of orange juice



Method:

Pre heat the oven to 170 C or 340 F. Grease a round 22cm or 8½ inch (base measurement) spring form pan with melted butter and lightly grease. Line base with non-stick baking paper.

Peel and roughly chop carrots into large pieces and place with the orange in a saucepan. Cover with cold water. Bring to the boil over medium heat. Cook for 15 minutes or until tender. Drain. Return to the pan and cover with cold water. Bring to the boil and cook for another 15 minutes (this will reduce the bitterness of the peel). Refresh under cold water. Drain. Coarsely chop oranges. Place orange and carrots into the bowl of a food processor and process until smooth.

With an electric beater, whisk the eggs and sugar until thick and pale. Add the orange and carrot mixture, almond meal and baking powder and gently fold until just combined. Pour into prepared pan.

Bake for 1 hour or until a skewer inserted into the centre comes out clean. Cool for 15 minutes.

To make the orange yogurt icing, combine all ingredients in a small bowl. Mix until smooth and spread on top of the cake.