


# Carrot and Sultana Cake Squares with Orange Yoghurt

A lightly spiced, moist carrot cake, with no icing and no nuts.

| PREP TIME | COOK TIME | SERVES |
|---|---|---|
| 30 minutes | 35 minutes | 100 (a 5 x 5 square, about 70 g, plus 40 g yoghurt) |

Suitable for: Vegetarian, Dairy-free with swap, Gluten-free with swap

## Ingredients and shop codes

5 kg Carrots, finely grated
810548 Fresh Carrots (1x1kg)

1.4 kg Eggs (about 24 medium)
202937 5 Dozen Medium Eggs, Free Range

1 litre Rapeseed oil
203699 Country Range Rapeseed Oil (4x5L)

1.5 kg Soft light brown sugar
200542 Tate & Lyle Soft Light Brown Sugar (4x3kg)

3 kg Self-raising flour (use half wholemeal if you like)
203605 Country Range Self Raising Flour (6x1.5kg)

40 g Baking powder
203669 Country Range Baking Powder (4x900g)

30 g Mixed spice (check it is nut-free)
203630 Country Range Ground Mixed Spice (4x480g)

20 g Ground cinnamon
203626 Country Range Ground Cinnamon (4x450g)

1 kg Sultanas
203754 Country Range Sultanas (4x3kg)

4 oranges Oranges, zest and juice
810574 Fresh Oranges (each)

4 kg Natural yoghurt, to serve
001539 Natural Yogurt 3% (1x2kg)

### Shop notes

- **Mixed spice:** Check it is nut-free.

# Method

1. Whisk the eggs, oil and sugar. Stir in the carrots, sultanas, orange zest and juice.
2. Fold in the sifted flour, baking powder and spices until just combined.
3. Divide between 4 lined 1/1 gastro trays (40 mm deep). Bake at 170°C (fan 150°C) for 30 to 35 minutes until a probe comes out clean (core 75°C or above).
4. Cool in the tray, cut 5 x 5 per tray. Stir a little extra orange zest into the yoghurt and serve a spoonful alongside.
5. Keep covered and chilled, and use within 24 hours.

## Chef's tips

- Smaller squares work well for Reception. Soak the sultanas in orange juice for extra juiciness with less sugar. **Swaps:** Gluten-free: use gluten-free self-raising flour. Dairy-free: serve with a plant-based yoghurt (check for soya).

## Scaling

For 30 portions: multiply by 0.3

## Nutrition note

about 1 portion of fruit and vegetables per serving. Added sugar is roughly 15 g per portion (estimate).

## Allergens

**Contains:** Cereals containing gluten, Eggs, Milk. **Check the label (varies by brand):** Sulphites, Soya. No tree nuts or peanuts in this recipe (nut-free menu).

Nut-free menu: no nuts or peanuts in any recipe. Check labels on every batch for allergens, gluten-free and vegetarian status. Menus should be checked against the school's own policies and local authority guidance. Product codes are shopping suggestions; prices and stock show on shop.brookstreetfoods.co.uk once you are signed in.