



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Carrot Cake

*Eduardo is from Chile. He told us how he learned to drink fresh juices when he was very sick and not able to eat any solid food. He would prepare juice every day but then he found his kitchen waste was full of juice pulp. He didn't feel good about throwing away those nutritious leftovers and he found a recipe to make a **carrot cake using the pulp**.*

Ingredients

280 grams (2 cups) flour
400 grams (2 cups) sugar
2 tablespoons baking powder
1 tablespoon baking soda
½ tablespoon salt
1 tablespoon cinnamon
240ml oil (1 cup)
4 eggs
3 cups carrot pulp
¾ cup nuts such as almonds (optional)



Preparation

Heat the oven to 250 degrees.

Flour a cake tin (use butter first, then add flour). Another option is to use waxed paper.

Mix the flour, baking soda, baking powder, sugar, salt.

With the electric mixer and add the eggs one by one.

Add the oil.

Add the carrot pulp.

Once the ingredients are mixed evenly add the nuts. Mix by hand.

Put the mix into the cake tin.

Bake for 50 - 60 minutes.



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