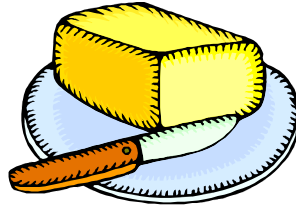


# CUNNING STUNNING CARROT CAKE

Work in pairs

## Ingredients

- 70gms margarine
- $\frac{1}{4}$  cup brown sugar
- 1 egg
- 1 cup wholemeal S.R. flour
- 1 cup grated carrot
- $\frac{3}{4}$  cup skim milk
- $\frac{1}{2}$  cup raisins
- $\frac{1}{4}$  cup sultanas



## Method

1. Cream margarine and sugar together until light and fluffy.
2. Beat in the egg.
3. Fold the flour and carrot into the creamed mixture along with the milk. Stir in the raisins and the sultanas.
4. Place in paper patty pans, being careful not to overfill.
5. Bake in a moderate oven (180°C) for 10-15 minutes or until cooked when tested.

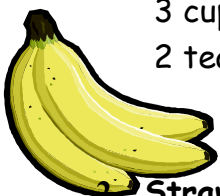
Makes 15 - 18 small cakes.

Drinks - One recipe of each per class



### 1. Banana Smoothie

- 3 large bananas
- 3 cups low fat milk
- 2 teaspoons honey



1 punnet strawberries, washed and hulled

- $\frac{1}{2}$  cup orange juice
- 2 cups low fat milk



### 2. Strawberry Smoothie



## Method (same for both drinks)

Blend all ingredients in a food processor until smooth and frothy. Serve cold.