

**Muscular  
Dystrophy UK**  
Fighting muscle-wasting conditions



# Bake a Difference



## Carrot cake (gluten free)

Take a group of friends, add tea and coffee, fold in these yummy baked goods and a layer of fundraising, and mix well. That's your show-stopping recipe to help beat muscle-wasting conditions. There's currently no cure.

Photo credit: Anna Sale

# Bake a Difference

## Carrot cake (gluten free)



### INGREDIENTS

- 300g soft light brown sugar
- 3 eggs
- 300ml sunflower oil
- 300g gluten-free flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon salt
- Few drops of vanilla extract
- 400g carrots
- 150g walnut halves

### For the icing

- 600g icing sugar
- 50g soft unsalted butter
- 250g cream cheese

### METHOD

1. Preheat the oven to 170°C.
2. Whisk together the sugar, eggs and oil in a large mixing bowl.
3. In a separate bowl, sift together the flour, bicarbonate of soda, baking powder, cinnamon, ginger and salt. Slowly beat this into the first mixture and then add the vanilla extract.
4. Grate 300g of the carrots and finely chop 100g of the walnut halves, stir these into the mixture.
5. Divide the mixture into two pre-lined 20cm cake tins and bake for 35 to 40 minutes.
6. Remove from the oven and leave to cool completely.
7. To make the icing, whisk together the butter and the icing sugar until it is all combined, then add the cream cheese all in one go and whisk on a low speed until it is incorporated. Speed up the whisk and beat for several minutes until the mixture is light and fluffy.
8. Sandwich the cake layers together using about a third of the cream cheese icing and then cover the cake with the rest.
9. Use the remaining carrot to cut out little carrot shapes and decorate with these and the remaining walnut halves.

Be the secret ingredient that turns an ordinary  
tea party into one that changes lives.

[www.muscular dystrophyuk.org/bake-a-difference](http://www.muscular dystrophyuk.org/bake-a-difference)



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The image of the cake on the front is an example