



PARSNIP CAKE

Season: Any
From the garden: Parsnip
Type: Dessert
Difficulty: Easy
Country of origin:
Serves: 30 tastes
Source: veganrecipebowl.com

Equipment

- *chopping board and knife
- *measuring cup and spoons
- *box grater or food processor
- *bowl and mixing spoon
- *whisk
- *baking tin

Ingredients

- *260 g grated parsnip
- *1 ¼ cup wholemeal flour
- *¾ cup sugar
- *⅔ cup milk
- *⅓ cup vegetable oil
- *¾ cup desiccated coconut
- *1 tsp mixed spice
- *1 tsp each, lemon and orange zest
- *½ cup raisins
- *3 tbsp maple syrup or honey
- *3 tsp baking powder
- *½ tsp salt

Method:

1. preheat oven to 180 degrees
2. wash the parsnip and grate either on a box grater or using a food processor
3. for the cake batter measure the oil, milk, honey (warmed up, if necessary to liquidize it) and citrus zest into a bowl and whisk together

4.add all the other ingredients and mix with a wooden spoon until everything is incorporated

5.spread the batter into a greased or lined cake tin. The baking time will depend on the depth of your cake tin. We use a slice tin and it will take approximately 20 minutes to bake. Check with a skewer

Notes: The parsnip could be replaced with grated carrot. Use plant milk to make the cake vegan.

Skills: *measuring, grating, zesting, mixing*