

CARROT CAKE

Recipe makes
1 cake (8 pieces)

Prep time
10 minutes

Bake time
30 minutes



NUTRITION INFO PER SERVING (1 piece)

Calories 310

Protein 0.65 g

Phenylalanine 28 mg

INGREDIENTS

- 1/2 cup (100 g) brown sugar
- 1/2 stick (64 g) butter, softened
- 1/4 cup low protein cream cheese
- 2 tsp ground cinnamon
- 2 tsp ground ginger
- 2 tsp baking powder
- 1 1/4 cups (138 g) low protein flour
- 1 cup (120 g) raw carrot, grated
- 1/4 cup (30 g) dried mixed fruit, chopped
- 1/2 cup (120 ml) almond milk
- 1 tsp low protein egg replacer
- 3 Tbsp maple syrup

For decoration:

- 3/4 cup (200 g) rich cream cheese style frosting (store bought)
- Ground cinnamon (to dust)

DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Cream brown sugar, butter, cream cheese, and spices in a medium-sized bowl.
- 3 Add baking powder, low protein flour, carrot, and dried mixed fruit to the butter mixture and stir.
- 4 In a separate bowl combine almond milk, egg replacer and maple syrup.
- 5 Combine both mixtures to form a batter. Pour into a greased and parchment paper-lined 9 inch cake tin.
- 6 Bake in preheated oven for 30 minutes until golden.
- 7 Remove from the oven and allow to cool, then turn out of the cake tin.
- 8 Once cooled, spread the frosting on the top, and dust with cinnamon.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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