

## Carrot and Walnut Loaf

Serves 16

Preparation Time 15 minutes

Cooking Time 50 minutes

1 3/4 cups self-raising flour  
 1 teaspoon baking powder  
 1 teaspoon ground cinnamon  
 1/2 cup brown sugar, firmly packed  
 1 cup grated carrot  
 1/2 cup walnuts, finely chopped  
 125 g (1/2 cup) **Flora pro-activ spread**, melted  
 2 eggs, lightly beaten  
 1/2 cup (125mL) reduced fat milk  
 1/2 teaspoon vanilla essence



Preheat oven to 180 °C and line a 13 x 23cm loaf tin with baking paper.

Sift flour, baking powder and cinnamon into a mixing bowl. Add brown sugar, carrots, walnuts, Flora pro-activ\*, eggs, milk and vanilla. Mix with a wooden spoon until well combined. Place mixture into prepared tin.

Bake for 45 minutes or until a skewer inserted in the centre comes out clean. Allow to cool in tin for 5 minutes before transferring to a wire cooling tray. Cool. Serve cut into slices, plain or spread with Flora pro-activ\*.

### Nutrition information

	Per 100g	Per Serve
Energy (kJ)	1185	590
Protein (g)	6.0	3.0
Total Fat (g)	14.5	7.2
Sat. Fat (g)	3.3	1.6
Carbohydrate (g)	31.3	15.6
Total Sugars (g)	11.0	5.5
Dietary Fibre (g)	1.6	0.8
Sodium (mg)	356	178