



Beetroot Seed Cake

List of ingredients

Tsp oil for greasing
225g self-raising flour
½ tsp bicarbonate of soda
1 tsp baking powder
½ tsp cinnamon
180ml (sunflower) oil
225g brown sugar
3 eggs, separated and egg whites beaten almost stiff
150g raw beetroot, peeled and grated
½ lemon, juiced
75g sultanas or raisins
75g mixed seeds

Icing:

8 Tbsp icing sugar
½ lemon, juiced

How to cook the dish

Preheat the oven to 180 degrees.
Lightly grease a rectangular loaf tin, line the base with baking paper.
Sift together flour, bicarbonate of soda, baking powder and cinnamon (this is the *dry mix*).
Beat the oil + sugar until well mixed, add egg yolks one-by-one, mixing after each egg.
Gently fold the beetroot into the oil/sugar/egg mix.
Gently add lemon juice, sultanas and seeds (this is the *wet mix*).
Gently fold the *dry mix* into the *wet mix*.
Gently fold egg whites into the cake mix. 🖐️
Pour the cake mix into the loaf tin, cover the top with a piece of foil *after* 30 minutes.
Total time in the oven: 50 to 55 minutes (check with a skewer: the cake should be moist inside but not sticky)
Let it settle for a good 20 minutes in the tin, then turn over onto a wire rack to cool.

Mix the icing sugar and lemon juice and spread it over the cold cake – eat & enjoy!

Tip: 🖐️ use a metal spoon as a wooden one will knock the air out of the mixture!