



THE HEALTH IN THE CAKE

NIBBLEDISH CONTRIBUTOR

Ingredients

1. 200gr. rolled oats
2. 200gr. bran flakes
3. 2 egg whites
4. 1/2 pint milk
5. 1 tsp cinnamon
6. 1 tsp baking powder
7. 2 - 3 tbsp sweetener
8. 250 gr. grated carrots
9. 8 oz pineapple in juice

Instructions

Preheat oven to 175°C Blend the pineapple in a blender. Set aside. Mix oats, flakes and milk in a bowl and leave it for 10 minutes. Then add the carrots, the pineapple, the egg whites, the sweetener and the cinnamon. Pour into an 8 inch round cake pan and bake for 1 hour.

You can make topping with 150 gr. cream cheese + 1 tbsp lemon juice + 1 tbsp sweetener.