

HOST FOR HOPE BAKE RECIPE



Former Great British Bake Off contestant, **Howard Middleton**, has kindly shared a fabulous gluten-free recipe to help cater for everyone's taste in your **Host for Hope** bake sale.



BLUSHING CARROT CAKE

This gluten-free carrot cake is blushed with the juice of blood oranges – plumping up the dried apricots within the cake and adding a tangy tint to the cream cheese frosting. Chickpea flour is an unconventional choice for a cake but trust me – it works here!

Method of work:

1. Chop or snip the dried apricots into small chunks and place in a small bowl with the orange juice and zest. Cover and leave for 30 minutes to an hour.
2. Preheat the oven to 180°C/160°C fan. Grease two 20cm (8 inch) loose bottom or spring form cake tins and line with non-stick baking parchment.
3. In a large mixing bowl, whisk the sugar with the oil, then add the egg yolks, nut butter, chopped hazelnuts, grated carrots and the apricots with their juicy marinade. Stir in the flour, ground almonds, baking powder and spices and mix well.
4. In a separate bowl, whisk the egg whites until stiff, and then carefully fold them into the cake mixture, so they are incorporated without losing too much air.
5. Divide the mixture between the two tins and bake for about 30 minutes until the cakes have shrunk slightly from the sides of the tins and a cake tester inserted in the centre of the cake comes out reasonably clean.
6. Allow to cool in the tins for a while then, turn out onto a wire rack.
7. To make the cream cheese frosting, whisk the softened butter with the icing sugar, orange zest and 3 tps orange juice, until smooth. Add the cream cheese and keep whisking until light and fluffy.
8. When the cakes are cool, place one top down on a plate or cake stand Sandwich the cakes together with half of the frosting, then top with the rest. Drizzle the leftover blood orange juice over the top before serving.

Ingredients for the cake

75g dried apricots	200g grated carrot (two medium sized carrots)
Juice and zest of two blood oranges	75g chickpea flour (sometimes called gram flour or besan flour)
125ml mild and light olive oil, plus extra for greasing the tins	125g ground almonds
150g caster sugar	1 tsp gluten-free baking powder
3 large eggs, separated	½ tsp grated nutmeg
75g nut butter (unsweetened and unsalted - like almond, hazelnut or cashew)	2 tps ground cinnamon
75g toasted chopped hazelnuts	

For the filling and topping

300g full fat cream cheese	150g icing sugar
150g unsalted butter, softened	Juice and zest of a blood orange

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