



# Carrot and walnut microwave cake

## Ingredients (3-4 servings)

- 100 g peeled and finely grated carrot
- 30 g white or unrefined sugar
- 60g wholemeal flour
- 50 g milk (whole, semi-skimmed, or skimmed, according to preference)
- 20 g extra virgin olive oil
- 5 g baking powder
- 25 g chopped walnuts
- 1 egg

### Yoghurt sauce:

- 1 plain yoghurt (individual-size container)
- 1 teaspoon ground curry
- 1 lemon

## Method

1. Beat egg with oil and sugar.
2. Add carrot, flour, baking powder, and milk and beat well with whisk until thoroughly mixed.
3. Add nuts and stir gently.
4. Pour batter into a wide, microwave-safe container and cook for approximately 5 minutes at maximum heat. The cake can also be prepared in individual moulds or cups. In this case, fill the moulds or cups  $\frac{3}{4}$ -full and cook for about two minutes each.
5. Beat the yoghurt with the curry powder and a few drops of lemon.
6. Remove cake from mould and if necessary, cut into portions. Serve with yoghurt sauce.

## Recommendations

Grated apple can also be used. Cream cheese can be a substitute for yoghurt.