



PARSNIP & GINGER CAKE WITH LIME TOPPING (V)

Now to be perfectly honest, no one really needs an excuse to eat cake but this one is guaranteed to give your taste buds a cause for celebration. It's simply delicious and fantastic with a classic cuppa!

Pale yellow or ivory in colour and shaped like a slightly bulbous carrot, parsnips are one of the tastiest and most appealing root vegetables. Cheap and simple to prepare, their soft, fragrant, slightly sweet flesh adds a warm, comforting element to dishes.

Half a cup of sliced, cooked parsnips has 3 grams of fibre and only 55 calories. They are a good source of vitamin C (11% of the recommended daily allowance), folate (11%), and manganese (10%). Keep in a perforated, unsealed plastic bag in the bottom of the fridge. They can last for 2 or 3 weeks but keep a check and use them before they get soft or withered.

INGREDIENTS

1tsp Ground ginger
2tsp Baking powder
225g Plain flour
125g Demerara sugar
2 Ripe bananas (small)
150g Parsnips (grated)
50g Raisins
Pinch of salt
4 Eggs
7floz Vegetable oil

Lime topping
75g Cream cheese
75g Butter
50g Icing sugar
1 Lime (grated rind)
1 Tbsp Toasted coconut

METHOD

1. Place all of the ingredients into a large bowl
2. Thoroughly mix together making sure it is combined
3. Pour the mixture into a greased and lined baking tin
4. Cook in a preheated oven at Gas Mark 2/150°C/300°F/130°C Fan for around 40–45 minutes
5. Allow to cool and then remove from the baking tin
6. To make the topping, cream the butter and sugar together (you may need to add a drop of water), add the cream cheese and grate in the zest of the lime. Spread over the cake using a fork to create a textured finish
7. Top with toasted coconut and freshly grated lime zest for the perfect finish