

TSEBO

NATIONAL NUTRITION WEEK



**Eat more
Vegetables
and Fruit
every day**



Yours in nutrition, Annelize Zeelie



Introduction

The United Nations has declared 2021 as the “International Year of Fruits and Vegetables” under the theme: “Fruit and vegetables – your dietary essentials”. The year aims to raise awareness of the nutritional and health benefits of consuming more fruits and vegetables as part of a diversified, balanced and healthy diet and lifestyle and direct policy attention to reducing loss and waste as they are highly perishable. In line with increasing evidence emphasising the importance of eating plenty of vegetables and fruit every day, the theme for the National Nutrition Week 2021 is: “Eat more vegetables and fruit every day”.

Worldwide health is declining

About 88 per cent of countries worldwide face a serious burden from two or three forms of malnutrition: acute and/or chronic undernutrition, micronutrient deficiencies, obesity, and diet-related diseases, including type 2 diabetes, cardiovascular diseases (CVDs), and certain types of cancer. With non-communicable disease (NCD) conditions accounting for nearly two-thirds of deaths worldwide, the emergence of chronic disease as the predominant challenge to global health is undisputed. In South Africa, 51 per cent of all premature deaths can be attributed to NCDs.

The leading dietary risk factors for NCD mortality in 195 countries worldwide are diets high in sodium but inadequate in: whole grains, fruit, nuts and seeds, vegetables, and omega-3 fatty acids; each accounting for more than two per cent of global deaths. In 2017, some 3.9 million deaths worldwide were attributable to not eating enough vegetables and fruit. Insufficient intake of vegetables and fruit is estimated to cause around 14 per cent of deaths from gastro-intestinal cancer worldwide, about 11 per cent of those due to ischemic heart disease, and about nine per cent of those caused by stroke.



South Africa faces a double burden of disease

Several studies in different provinces of South Africa show that a double burden of malnutrition (DBM) exists on a household level with undernutrition among children and overweight/obesity among caregivers, in the same household or early stunting with adolescent obesity in the same socio-geographic population. Furthermore, it has also been shown that there is a high prevalence of overweight and stunting in studies in the same group of mainly low socioeconomic groups of children. In addition to the double burden of undernutrition and overnutrition, there is also the burden of micronutrient deficiencies in the country.

In South Africa, the nutrition transition, which saw an increase in the intake of ultra-processed foods in the diet and a decrease in the intake of vegetables, and other more fibrous nutrient-rich foods, has been linked to the rise of overweight and obesity, and the decrease in the intake of vegetables. The 2016 South African Demographic and Health Survey (SADHS) found that only 23 per cent of children aged six to 23 months were fed a minimum acceptable diet; 27 per cent did not consume vitamin A-rich fruit.

South Africans aged 15 years and older eat well below the recommended 400g of vegetables and fruit per day at 226g per day for females, and 235g per day for males.



How is COVID-19 exacerbated?

The current global pandemic of Coronavirus (COVID-19), and measures taken to reduce its spread, have disrupted food environments worldwide.



Food systems are not delivering the healthy diets needed for nourishment and strong immune systems. Reduction in consumption of nutrient-rich foods has been greatest for fruits and vegetables, dairy and meat in high, and low and middle-income countries.

This results in the increasing prevalence of all forms of malnutrition (stunting, wasting, overweight, and obesity), all of which are exacerbated by the current COVID-19 pandemic.



We can help by putting the focus on fruits and vegetables

Diets high in vegetables and fruit are widely recommended for their health-promoting properties; they have historically held a place in dietary guidance because of their content of vitamins, minerals, dietary fibre and prebiotics, and, more recently, dietary bioactive compounds.

Most nutritional and global recommendations include consumption of at least two servings of fruits and three servings of vegetables per day for adults. More than 100 countries worldwide have developed food-based dietary guidelines adapted to their nutrition situation, food availability, culinary cultures, and eating habits that encourage increased vegetable and fruit consumption.

The South African Food Based Dietary Guidelines (FBDGs) as well as the Tsebo Nutrition Manifesto recommends eating “plenty of vegetables and fruit every day” and “provide a variety of colourful fruits and vegetables”, in line with the international recommendation, which is supported by the evidence that this contributes to an overall healthier dietary pattern that reduces the risk for disease.



Quick facts on the benefits of vegetables and fruit

- a. They can promote good health for children by strengthening a child's immune system and help protect against disease;
- b. Intakes of fruit and vegetables in line with what is recommended may reduce the severity of some infectious diseases. Though they will not protect a person against a virus such as COVID-19, recovery from infectious disease is better when consuming fruit and vegetables than with diets low in this food group;
- c. People who eat more fruit and vegetables tend to live longer; They can help with gut health, help protect against heart disease and help to reduce the risk for obesity, diabetes and certain cancers.



PROTECT YOURSELF WITH VEGETABLES AND FRUIT

Eating more vegetables and fruit every day can help reduce the risk for obesity and can help prevent diseases such as diabetes, heart disease, high blood pressure and certain types of cancer

EATING MORE VEGETABLES AND FRUIT EVERY DAY CAN HELP PROTECT AGAINST DISEASE SUCH AS HEART DISEASE, STROKE, CANCER AND DIABETES BY:

Reducing
blood pressure

Reducing
cholesterol

Supporting
weight
management

Supporting
blood sugar
management

Promoting
healthy
cell growth

- a. Try to include a variety of vegetables and fruit in daily meal plans – not only on weekends. Indigenous vegetables and fruit should be included where possible. Include both cooked and raw vegetables and salads in meals.
- b. Eat a yellow or orange vegetable (carrots, pumpkin, butternut) or a dark green vegetable (broccoli, spinach,) at least once a day. Ideally, try to get at least one serving from each of the following categories: dark green leafy vegetables; yellow or orange fruits and vegetables; red fruits and vegetables; and citrus fruits on most days.
- c. Portion sizes of vegetables can be more generous if a variety of vegetables is not available.
- d. Canned vegetables, with no added salt or sugar, are good alternatives to ensure a sufficient intake of vegetables. Salt, sugar, and preservatives are sometimes added during the canning process. Draining and rinsing foods can lower their salt and sugar contents. To avoid extra sugar, choose fruits that are canned in water or juice instead of syrup. It is therefore important to read the label.
- e. If a freezer is available: frozen fruits and vegetables can be a cost-effective option, or buy fresh vegetables or fruit in bulk if it is available at a reasonable price and freeze,
- f. Always wash vegetables and fruit well in clean water before preparing, cooking and eating.
- g. Enjoying a healthy eating plan also means preparing food in healthy ways, for instance using cooking methods such as boiling, steaming, grilling and baking instead of frying. If the method of frying is used, then only use 1 teaspoon of oil per person.
- h. Once vegetables are cut, they need to be boiled or steamed in a little water for a short period to retain most of the nutrients. Most vegetables can be cooked in a few minutes if they are steamed, microwaved or stir-fried (in a little vegetable oil). Use the remaining water from boiling or steaming to add flavour and nutrients in the preparation of other dishes.



Eat more vegetables and fruit, i.e., at least 3 portions of vegetables and 2 portions of fruit

- a. Add extra vegetables to recipes such as stews, curries, stir-fries, soups and sandwiches or brown rice or whole-wheat pasta dishes or egg dishes (scrambled eggs or omelettes). Baby spinach, tomatoes, carrots, beetroot and sundried tomatoes are some of the vegetables that are easy to add to dishes.
- b. Eat multiple portions of vegetables and/or fruit in a salad or blend it into a smoothie. By adding a small handful of spinach, kale, cauliflower or broccoli florets or frozen peas to your smoothie, you reap all the benefits, but will not even notice the taste.
- c. Grating or mashing vegetables into dishes can help to “hide” them in foods and increase acceptability.
- d. Add raw vegetables such as carrots or shredded cabbage to lunchboxes. Include fresh fruit or fresh vegetable as a snack between meals.
- e. Using fresh vegetables to cook large batches of soups, stews or other dishes will make them last longer and provide meal options for a few days. These can also be frozen where possible and then quickly reheated.
- f. Swap some of the animal-based foods with whole plant-based alternatives. Meat can be replaced with vegetables like mushrooms, aubergine/brinjal or eggplant and baby marrow/courgette or legumes like lentils, beans and chickpeas. In practising portion control, be mindful about the amount of fat/oil, sugar and/or salt that are added in food preparation and use these items sparingly as far as possible. Sugar and oil/fat add additional kilojoules. Use herbs and spices to flavour dishes.
- g. Rather choose whole fruit instead of fruit or vegetable juice. Juices (vegetables or fruit) have had their pulp removed. The pulp contains the produce’s fibre, meaning that if you remove it, you remove all the fibre. The fibre helps promote regular bowel functioning and helps your body absorb the sugar from the produce more slowly, giving you more energy for longer. More than one portion of fruit has been used to create the amount of juice you drink. This means that when you drink a whole glass of fruit juice, you are consuming more than when you eat whole fruit. Since fruit contains sugar, you are also consuming a high dose of sugar without the fibre to keep you feeling full, making it very easy to overconsume.



Eat more vegetables and fruit, i.e., at least 3 portions of vegetables and 2 portions of fruit

h. Substitutions: The following tips can help one eat more vegetables and fruit during the day:

- (a) Substitute spinach, onions, or mushrooms for one egg or half the cheese in a morning omelette. The vegetables will add volume and flavour to the dish with fewer kilojoules than the egg or cheese.
- (b) Substitute starchy foods such as potatoes and rice with vegetables, e.g., cauliflower “rice” instead of rice.
- (c) Cut back on the amount of cereal in the bowl to make room for some cut-up bananas, apples, peaches, or strawberries.
- (d) Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for the cheese and/or the meat in a sandwich, bread roll or wrap to increase vegetable intake.
- (e) Replace the meat/chicken or fish or the noodles in broth-based soup with 1 cup of chopped vegetables, such as broccoli, carrots, beans, or bell peppers.
- (f) Add in 1 cup of chopped vegetables such as broccoli, cabbage, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta from a favourite dish. The dish with the vegetables will increase the amount of fibre and nutrients in the meal.
- (g) When preparing lunch or dinner, aim for half a plate of non-starchy vegetables or salad, a quarter plate of protein (such as meat, lentils or beans) and a quarter plate of starchy food (such as whole grains, pap, rice or potato)



Choose vegetable and fruit snacks as part of a healthy eating plan

- Here are six healthy snack ideas:
 - a) a medium-size apple cut into pieces and dipped in a peanut butter and yoghurt dip (2 teaspoons of peanut butter and $\frac{3}{4}$ cup of low-fat, unsweetened yoghurt)
 - b) a medium-size banana
 - c) 1 cup steamed or raw green beans
 - d) 1 cup blueberries
 - e) 1 cup grapes
 - f) 1 cup carrots, broccoli, celery sticks, or bell peppers (or combinations of any of these) with 2 tablespoons hummus, low-fat yoghurt or low-fat cottage cheese.
- Instead of a high fat, sugary or salty snack from a vending machine, bring some cut-up vegetables or fruit from home.
- Vegetables and fruit make great snacks for children too. Stock up on vegetables for snacks and limit unhealthy snacks in the home. In this way, children will be more likely to choose vegetables when they are hungry.
- Keep a container of chopped vegetables, like cucumber, carrots, celery sticks or a bowl of cherry tomatoes in the fridge or several ready-to-eat washed whole fruits in a bowl on the counter. These are often also more affordable than soft drinks, chips and sweets.
- Offer older children frozen baby peas or cut corn but note that these can be a choking hazard for younger children.



Vegetables and fruit are important for the growth, development and health of infants and young children

- a. Family mealtime is a good time for adults to show their children how they enjoy vegetables to encourage them to eat vegetables too.
- b. Experiment with different food combinations, tastes, textures, and methods of encouraging smaller children to eat if they refuse many foods.
- c. Start by introducing small amounts of soft, mashed fruit or cooked vegetables. Examples are banana, pawpaw, sweet potato, or pumpkin.
- d. For children 9 to 11 months, give them a piece of fruit or vegetable they can hold themselves, like banana or cooked carrot. Even if they do not eat everything, it can be fun to explore the new taste at their own pace.
- e. For children older than one year, cutting fruit and vegetables into small pieces so that the child can feed themselves is a good strategy.
- f. Get older preschool children into the habit of eating raw vegetable sticks or fruit when they are hungry between meals.
- g. Continue to introduce (and re-introduce) vegetables. It is normal for children to say they do not like some vegetables when they first taste them (it can take up to 15 times before he/she develops a taste for a new food).
- h. Use praise when a child tries vegetables so that they will be more likely to eat vegetables again.
- i. Changing presentation and preparation can go a long way. Oven-roasting vegetables can make them tasty and crunchy and can entice picky eaters without all the added fat from deep-frying.
- j. Appearance is important – try to make fruit and vegetables ‘fun’ to encourage children to try more and eventually eat more vegetables, especially with younger children.
- k. Add pureed or grated vegetables in pasta sauce or soups. This will not change the child’s behaviour and thinking about vegetables. Hence, it is also important to regularly give him/her vegetables in their original form, too. This will help your child to become familiar with different types of vegetables and their different tastes and textures.
- l. Involve children in planning and cooking family meals with vegetables so that they are more likely to want to eat the vegetables they helped to prepare.



Growing vegetables and fruit is possible. It can be an affordable and sustainable way to increase dietary diversity and improve health outcomes.

Food gardens can contribute to food and nutrition security, help improve dietary diversity and address micronutrient deficiencies, and improve communities' physical access to food.

a. There are many social and environmental benefits for families, schools, and communities in growing their food. Communal farming not only unites neighbourhoods and helps combat food insecurity - it also encourages healthier eating.

b. A range of vegetables can be grown at home or in school or communal gardens from the old favourites like spinach, tomatoes, carrots, beetroot, potatoes, mealies, green beans, peas, cabbage, cauliflower, garlic, onions to different lettuce varieties, peppers, chillies, artichokes, asparagus, brinjals, zucchini, patty pans, different colour tomatoes, different colour carrots and micro- greens to supply the growing demand for different organic vegetables by upmarket shops and restaurants.

c. One does not need a big garden or lots of water to grow your own food. One can start small! For instance, start with a keyhole garden, bag garden, a compost trench bed or even with a hydroponic food garden.



Butternut Macaroni Cheese

10 servings

Ingredients:

- 500g pasta (macaroni, penne, or shells)
- 8 cups butternut squash, peeled, seeded, and cubed
- 1 liter low fat milk
- 1 teaspoon dried thyme leaves
- 2 Tablespoons chicken stock powder
- 1/4 teaspoon salt + more for cooking the pasta and squash + more to taste, if desired
- 1/4 teaspoon freshly ground black pepper + more to taste
- 4 cups grated cheddar cheese

Directions:

1. Cook the pasta until al dente, according to package instructions. Drain the water and set the pasta aside.
2. While the pasta cooks, make the sauce. Fill a medium pot halfway with water and add the chicken stock. Set on the stove over high heat. Add the butternut squash and bring to a boil. Cook until tender, 5-6 minutes. Drain the water and set the cooked butternut aside.
3. Reduce heat to medium and return the pot to the stove. Add the milk and thyme. Cook, stirring frequently with a whisk, until thickened slightly, 3-4 minutes. Add back the butternut squash. Remove from heat and either (carefully!) use an immersion blender to completely puree the sauce, or pour into a blender to puree. Return to the pot. Add the cheese, stirring until melted. Taste the sauce and add additional salt and pepper if desired. Add the pasta to the sauce and stir gently until all of the pasta is coated. Serve.

Allergens: Wheat, gluten, milk

Variation: Add 2 x 170g tins of tuna in water



Sweet Potato Pizza Dough

Ingredients:

- 1¼ cup warm water
- 2¼ teaspoons yeast
- 1½ cups white whole-wheat flour
- 2 cups all-purpose flour
- ½ teaspoon fine sea salt
- 2 tablespoons plus 1 teaspoon canola oil, divided
- 2 tablespoons honey
- 1 cup cooked sweet potato, mashed

Directions:

1. Fill a small bowl with the warm water. Sprinkle the yeast on top. Mix lightly. Allow the yeast to rest (calling proofing) for 5 minutes.
2. In a large bowl, whisk together the flours and salt. Add proofed yeast. Use a wooden spoon to mix lightly (it will look crumbly and should not be fully combined).
3. Add 2 tablespoons oil and honey, mixing again with the wooden spoon (it will still be a little crumbly).
4. Add mashed sweet potato. Use your hands to knead the dough together until sweet potato is well combined and it forms into a ball.
5. Lift the dough out of the bowl, coat the bottom and sides of the bowl with remaining 1 teaspoon oil. Return the dough to the bowl, roll it around in the oil to coat. Cover with a flour sack or towel and let rise in a warm place (such as atop a preheated and then turned-off stove) for 60 minutes or until dough has increased in size. Makes 2½ pounds pizza dough.
6. If using soon, transfer dough to a sealed plastic bag and store in the refrigerator for up to 6 days.
7. To store in the freezer, divide dough into desired portions. Form each portion into a ball and place in separate freezer bags. Label and freeze for up to 3 months.



Cauliflower Cake

Serves 4 to 6

Ingredients:

- 1 small cauliflower, outer leaves removed, broken into florets (about 4 cups)
- 1 medium red onion, peeled (6 ounces)
- 5 tablespoons olive oil
- 1/2 teaspoon finely chopped rosemary
- 7 large eggs
- 1/2 cup basil leaves, chopped
- 1 cup all-purpose flour, sifted
- 1 1/2 teaspoon baking powder
- 1/3 teaspoon ground turmeric
- 1 1/2 cups coarsely grated Parmesan or another aged cheese
- Melted unsalted butter, for brushing
- 1 tablespoon white sesame seeds
- 1 teaspoon black caraway seeds
- Salt and black pepper
- Preheat the oven to 205°C.



Cauliflower Cake

1. Place the cauliflower florets in a saucepan and add 1 teaspoon salt. Cover with water and simmer for 15 minutes, until the florets are quite soft. They should break when pressed with a spoon. Drain and set aside in a colander to dry.
2. Cut 4 round slices, each 5-mm thick, off one end of the onion and set aside. Coarsely chop the rest of the onion and place in a small pan with the oil and rosemary. Cook for 10 minutes over medium heat, stirring from time to time, until soft. Remove from the heat and set aside to cool. Transfer the onion to a large bowl, add the eggs and basil, whisk well, and then add the flour, baking powder, turmeric, Parmesan, 1 teaspoon salt, and plenty of pepper. Whisk until smooth before adding the cauliflower and stirring gently, trying not to break up the florets.
3. Line the base and sides of a 24-cm springform cake pan with parchment paper. Brush the sides with melted butter, then mix together the sesame and caraway seeds and toss them around the inside of the pan so that they stick to the sides. Pour the cauliflower mixture into the pan, spreading it evenly, and arrange the reserved onion rings on top. Place in the center of the oven and bake for 45 minutes, until golden brown and set; a knife inserted into the center of the cake should come out clean. Remove from the oven and leave for at least 20 minutes before serving. It needs to be served just warm, rather than hot, or at room temperature.

Vitamin-rich salad

A dishy, good-for-you meal that'll have everyone coming back for seconds!

Preparation time: Less than 45 minutes

Serves 4

Ingredients:

- 375 ml brown basmati rice, cooked
- 1 cup rotisserie chicken, cooked shredded
- 3 sticks celery sticks, finely sliced
- 6 medium radishes, finely sliced
- 2 large carrots, sliced into ribbons
- 1 cup cucumber, sliced into ribbons
- 100 grams sprouts, mixed
- 30 grams wild rocket
- 2 medium avocado or canola oil,
- 1 cup frozen baby peas, fresh or cooked
- 30 ml sesame seeds, toasted

Dressing

- 60 ml extra-virgin olive oil
- 45 ml basil pesto
- 65 ml juice of lemon, of 1 lemon
- 3 ml sugar syrup
- 30 ml water
- 1 dash salt and milled pepper

Method

- Whisk dressing ingredients together and season to taste.
- Toss salad ingredients together and drizzle with dressing.
- Adjust seasoning and serve



Roast pumpkin and lentil salad with roasted lemon dressing

Ingredients:

- 1kg Kent pumpkin (or other pumpkin)
- 1 lemon, halved
- ½ cup (125ml) extra virgin olive oil
- 1 red onion, thinly sliced into rings
- 2 tbs red wine vinegar
- 2 tsp each Dijon mustard and honey
- 400g can lentils, rinsed and drained
- ¼ cup (35g) currants
- ¼ cup (50g) baby capers, rinsed and drained
- ½ cup pepitas
- 2 cups watercress leaves (or rocket)

Method

1. Preheat the oven to 180°C. Cut the pumpkin into 3cm-thick wedges, discarding the seeds and fibre from the centre. Divide between two trays lined with baking paper. Add half a lemon to each tray, then drizzle with ¼ cup (60ml) olive oil and season well.
2. Roast for 30 minutes, swapping round the trays halfway, or until the pumpkin is soft and richly caramelised. Remove from the oven and set aside to cool.
3. Combine onion and vinegar. Set aside.
4. To make the dressing, squeeze the juice from the roasted lemon and combine with remaining olive oil, Dijon, honey and season. Combine the lentils, currants, parsley, capers and onion, then mix with some of the dressing.
5. To serve, arrange the wedges of roasted pumpkin on a plate and top with the lentil salad, sprinkle over the toasted pepitas, watercress and remaining dressing.

Summer vegetable lasagne

Ingredients:

- 500g ricotta
- 2 cups (160g) finely grated parmesan
- 200g fresh or frozen peas, blanched, refreshed
- 1/2 bunch basil, leaves torn
- Finely grated zest & juice of 1 lemon
- 1 tsp dried chilli flakes
- 1/2 (750g) butternut pumpkin, seeds removed, halved, peeled
- 3/4 cup (120g) roasted almonds, chopped
- 2 tbs extra virgin olive oil
- 2 tbs honey
- 4 yellow squash
- 4 baby zucchinis with flowers attached
- 1 tbs apple cider vinegar

Method

1. Preheat oven to 200°C. Place ricotta, parmesan, peas, basil, lemon zest and chilli flakes in a food processor and whiz until roughly combined. Transfer to a bowl and stir through 1/2 cup (80g) almonds. Season. Cover and chill until ready to use.
2. Using a mandolin, thinly slice pumpkin into 5mm-thick slices. Combine 1 tbs each oil and honey in a bowl. Microwave the pumpkin in a heatproof bowl on high for 3 minutes. (Alternatively, steam pumpkin for 1 minute.) Brush with honey mixture, then place one-quarter of pumpkin in a single layer in a 22cm baking dish and spread with one-third of the ricotta mixture. Repeat process two more times, finishing with a layer of pumpkin. Bake for 35 minutes or until pumpkin top is golden and caramelised. Cool slightly.
3. Meanwhile, using a mandolin, thinly slice squash. Cut zucchini into thin rounds and gently remove petals. Combine vinegar, lemon juice and remaining 1 tbs each oil and honey in a small bowl. Set aside.
4. Top lasagne with squash, zucchini rounds and flowers, and remaining 1/4 cup (40g) almonds. Drizzle with the honey dressing to serve.



Apple, carrot, lemon and cinnamon cake

Ingredients:

- 2 (260g) red apples, peeled, quartered and core remove
- 250g light brown soft sugar
- 100g currants
- Juice & finely grated zest of 1 lemon
- 100ml sunflower oil, plus extra to grease
- 2 eggs
- 250g carrots, peeled, coarsely grated
- 1 tbs grated root ginger
- 2 tsp ground cinnamon
- 2 tsp baking powder
- 200g spelt flour
- DRIZZLE
- Juice of 1 lemon
- 50g light brown soft sugar
- icing
- 150g unsalted butter, softened at room temperature
- 300g pure icing sugar, sifted
- Very finely grated zest of 1 lemon & a good squeeze of juice
- Calendula flowers, petals picked, to decorate (optional)



Apple, carrot, lemon and cinnamon cake

Method:

1. Place the apples in a medium saucepan with 50g of the sugar, the currants and the lemon juice and set over a medium heat. Cook, stirring regularly for 8-10 minutes or until you have a compote that is bubbling, silky and thick. Spoon the compote into a bowl to cool.
2. Meanwhile, lightly grease a 20cm cake pan (about 7-8cm deep) and line with baking paper.
3. Heat the oven to 170°C.
4. Pour the oil into a large bowl, add the remaining 200g sugar and the eggs, and beat with a whisk until pale and fluffy. Fold in the apple and currant compote, along with the lemon zest, grated carrot, ginger, cinnamon and a pinch of salt. In a separate bowl, stir the baking powder into the flour, then fold this gently through the wet ingredients in the bowl to form a batter.
5. Scrape the batter into the prepared cake pan and level the top a bit. Loosely cover the top of the cake pan with a piece of foil to stop the cake getting too dark during baking. Bake for about 1 hour, then remove the foil and bake for a further 20 minutes or until a skewer inserted into the centre comes out clean. (Bake for a further 10 minutes and test again, if necessary.) Remove from the oven and leave in the pan.



Apple, carrot, lemon and cinnamon cake

6. For the drizzle, set a small saucepan over a medium heat and add the lemon juice and the sugar and bring to the simmer. As soon as the sugar has dissolved, remove the pan from the heat. Prick the cake all over with a thin skewer and drizzle the syrup over while the cake is still warm.
7. While the cake is cooling, make the icing. Place the butter in the bowl of a stand mixer with the whisk attachment and whisk (alternatively, use a large mixing bowl and an electric whisk or hand whisk) until the butter is light and pillowy. Add half the icing sugar and continue to whisk until thoroughly combined. Then, add the remaining 150g icing sugar, along with the lemon zest, and beat some more. Finally, add the squeeze of lemon juice to soften the mixture to the desired consistency.
8. Remove the cake from the pan and use a palette knife to spread the icing over the top and sides in a relatively even layer, but don't worry if it's a bit thin in places. Decorate with a few orange calendula petals, if using





Keep calm and
nourish your body

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