



## Harraways-Carrot-Cake-Health-Loaf

1 cup Harraways Rolled Oats

½ cup Carrot (grated)

1 cup Wholemeal Flour

1tablespoon Golden Syrup

½ teaspoon Baking powder

½ cup Hot Water

½ cup Milk

Mix dry ingredients and stir in grated carrot. Dissolve golden syrup in water, cool and add milk. Mix all together thoroughly. Bake in a loaf tin at 220°C for 45-50mins.

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