

## Rescue Recipe

this recipe is great for using up left-over vegetables

# Spud and spice cake

### Introduction

This recipe is great for using up any leftover mashed potato and vegetables, and has a very quick preparation time.

### Ingredients

1 cup mashed potato	1/2 tsp nutmeg
1/2 cup mashed carrots	1/2 tsp salt
1/2 cup mashed swede or other vegetable, or nuts	1/2 tsp baking soda
1 3/4 cups brown granulated sugar	1 cup milk
3/4 cup sunflower spread	2 cups plain flour
1 tsp cinnamon	3 eggs - beaten

### Method

1. Mix first eight ingredients in a bowl
2. Combine soda with milk, and add flour and eggs alternately whilst stirring
3. Turn into a cake or loaf tin
4. Bake at 180 degrees C for 50 - 60 minutes

Recipe by



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