Butternut squash and pumpkin seed cake

Ingredients

400g self-raising flour
200g soft brown sugar
1 teaspoon ginger
2 teaspoon cinnamon
200ml sunflower oil
300ml soy milk or milk
1 teaspoon bicarbonate of soda
1 teaspoon lemon juice or cider vinegar
300g butternut squash (or carrots or courgette or parsnip or beetroot…)
100g sultanas (optional)

For the topping:
100g pumpkin seeds
3 tablespoons maple syrup

Method

1. Pre-heat oven to 180 - 200°C / gas mark 5 to 6. Grease or line the tin
2. Add the flour, spices and sugar together in a bowl and mix
3. Add the oil - mix well
4. Mix the milk, bicarb and lemon juice (or vinegar) in a jug. Add to the dry ingredients and mix until smooth
5. Add the grated butternut and sultanas. Mix
6. Spoon mix into tin
7. Bake for about 30 mins or until a knife comes out clean. Leave to cool and turn out onto a wire rack

For the topping

1. Dry fry the pumpkin seeds on a low heat until they are starting to turn brown
2. Add the maple syrup, stir for 10 - 20 seconds until all seeds are covered and then take off the heat. Do not let the mix burn!!
3. Spoon over top of the cake and enjoy!