

# Parsnip, Maple, and Walnut Bread with Cream Cheese Frosting

**Serves 12**

**Hands-on Time 20 minutes**

**Baking Time 1 hour**

## Ingredients

- 120ml oil (plus extra for greasing)
- 3 parsnips
- 120ml maple syrup
- 2 large eggs
- 200g self-raising flour
- ¼ tsp salt
- 1½ tsp mixed spice
- 75g walnuts (chopped)
- 50g unsalted butter (softened)
- 80g cream cheese
- 70g icing sugar

## Equipment

- 2lb loaf tin
- Scissors
- Baking parchment
- Vegetable peeler
- Coarse grater
- Bowl
- Large mixing bowl
- Whisk
- Spatula
- Skewer or cake tester
- Wire rack
- Electric whisk

## Method

### 1. Preheat the Oven

- Preheat the oven to 170°C/150°C (fan)/325°F/Gas Mark 3.
- Lightly grease the loaf tin with oil and line it with baking parchment, allowing some overhang for easy removal.

### 2. Prepare the Parsnips

- Peel and grate the parsnips using a coarse grater. You'll need about 220g of grated parsnips.

### 3. Make the Batter

- In a large mixing bowl, whisk together the oil, maple syrup, and eggs.
- Add the flour, salt, and mixed spice. Stir until combined.
- Fold in the grated parsnips and chopped walnuts.

### 4. Bake the Loaf

- Pour the batter into the prepared loaf tin and spread it evenly.
- Bake on the middle shelf for 60 minutes, or until a skewer inserted into the centre comes out clean.
- Let the loaf cool in the tin for 15 minutes, then lift it out using the parchment and transfer to a wire rack to cool completely.

## **5. Make the Cream Cheese Frosting**

- In a clean mixing bowl, beat the softened butter with an electric whisk for a couple of minutes.
- Add the cream cheese and mix until smooth.
- Gradually add the icing sugar and beat until thick and creamy.

## **6. Frost the Loaf**

- Spread the frosting over the cooled loaf using a spatula.
- Serve immediately or refrigerate to set the frosting.

### **Tip**

- For added texture, sprinkle a few extra chopped walnuts on top of the frosting before it sets.

Enjoy!