



ZUCCHINI AND WALNUT LOAF

If you're a fan of Carrot Cake then you'll love this week's recipe of the week. A delicious Zucchini & Walnut Loaf bursting with the flavours of cinnamon and nutmeg. This loaf is easy to make and great as a morning or afternoon tea snack.

Ingredients:

2 cups of grated Zucchini (packed and not squeezed)

2 large eggs

1/2 cup macadamia oil (or another vegetable oil)

3/4 cup maple syrup

1 teaspoon Australian vanilla essence

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

1 teaspoon bicarb soda

2 teaspoons of baking powder

1/2 teaspoon sea salt

2 cups of organic stoneground wholegrain spelt flour

1/2 cups walnuts, roughly chopped

Method:

Preheat the oven to 170 degrees C.

Grease and line a loaf pan with baking paper.

In a large mixing bowl, add the eggs, oil, maple syrup, vanilla, cinnamon, nutmeg, bicarb and salt and whisk until well combined.

Add the zucchini and walnuts and stir through.

Add the spelt flour and mix gently with a spatula just enough until combined.

Pour the mixture into the loaf tin and bake in the oven for approximately 60 minutes or until the skewer comes out clean.

Remove from the oven and allow to cool for 10 minutes.

Using baking paper, remove the loaf from the pan and let it cool before slicing. Enjoy...

Dairy Free | Refined Sugar Free