

Carrot, zucchini, apple & walnut loaf



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Preparation: about 25 mins Cooking: about 50 mins Serves: 8

Ingredients:

- 2 cups self-raising flour
- 1 tsp bicarbonate of soda
- 1/4 tsp salt
- 1 tsp ground cinnamon
- 1 cup caster sugar
- 3/4 cup walnuts, roughly chopped
- 3 eggs, lightly beaten
- 1/2 cup canola or light olive oil
- 1 cup grated zucchini, squeezed to remove juice
- 1 cup grated carrot
- 1/2 cup grated Granny Smith apple, squeezed to remove juice

Method:

1. Preheat oven to 180°C. Grease and line the base of a loaf tin (about 11 cm wide x 20 cm long x 8 cm deep) with baking paper.
2. Sift flour, bicarbonate of soda, salt and cinnamon into a large bowl. Add sugar and walnuts. Stir until well combined.
3. Combine egg and oil in a jug. Using a large metal spoon, stir egg mixture, zucchini, carrot and apple into flour mixture until combined.
4. Spoon mixture into prepared loaf tin. Smooth the top. Bake for 50 minutes or until a skewer inserted in the middle comes out clean. Leave in tin for 10 minutes then turn onto a wire rack to cool. Slice and serve lightly buttered if desired.



Carrots:

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.
- Provide dietary fibre, whether raw or cooked. Fibre helps keep the intestine healthy.
- Chewing carrots stimulates production of saliva and helps clean the teeth.