

# Zucchini & fresh date cake



## Zucchini & fresh date cake

*This delicious moist cake keeps well in an airtight container for 4-5 days.*

### Ingredients:

250g zucchini (about 2 medium),grated  
3 eggs  
2 cups caster sugar  
2 tsp vanilla extract  
¾ cup vegetable or canola oil  
150g fresh dates, pitted and chopped  
2½ cups plain flour  
2 tsp baking powder  
1 tsp bi-carbonate of soda  
2 tsp ground cinnamon  
Extra fresh dates, to serve  
Sifted icing sugar, to serve

### Health benefits:

#### Dates

- Excellent source of potassium and iron
- Good source of magnesium
- High in fibre
- Contains some vitamins B2, B3 and folate

### Method:

- 1.** Preheat oven to 180°C. Grease and line a 24cm loose-bottom cake tin with baking paper. Place zucchini in a sieve and firmly press to remove juices. Wrap zucchini in paper towel and squeeze to remove any excess juice (to yield about 1 cup firmly-packed zucchini).
- 2.** Using electric beaters, beat the eggs, caster sugar, vanilla and oil in a large bowl until very thick and mousse-like. Using a large metal spoon, gently fold zucchini and dates through egg mixture until just combined.
- 3.** Sift flour, baking powder, bi-carb. soda and cinnamon together. Gently fold dry ingredients through zucchini mixture until just combined. Pour mixture into prepared pan. Bake for 1 hour or until cooked through when tested with a skewer. Remove from oven and leave to cool slightly in pan.
- 4.** When cooled, turn out cake onto a rack. Dust cake with icing sugar and decorate with extra sliced fresh dates to serve.

**Serves:** 6

**Preparation:** 30 minutes

**Cooking:** 1 hour 10 minutes

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*Supplying quality fresh fruit & vegetables*

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