

Carrot, zucchini, apple & walnut loaf



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Preparation: about 25 minutes
Cooking: about 50 minutes
Serves: 8–10

2 cups self-raising flour
1 tsp bicarbonate of soda
¼ tsp salt
1 tsp ground cinnamon
1 cup caster sugar
¾ cup walnuts, roughly chopped
3 eggs, lightly beaten
½ cup grape seed, canola or light olive oil
1 cup grated carrot
1 cup grated zucchini, squeezed to remove juice
½ cup grated Granny Smith apple, squeezed to remove juice
Icing sugar, for dusting

1. Preheat oven to 180°C. Grease and line a deep loaf pan (about 21cm long x 11cm wide x 8cm deep) with baking paper.
2. Sift flour, bicarbonate of soda, salt and cinnamon into a large bowl. Stir in sugar and walnuts.
3. Combine egg and oil in a jug. Using a large metal spoon, stir egg mixture, carrot, zucchini and apple into flour mixture until well combined. Spoon mixture into prepared loaf pan. Smooth top. Bake for 50 minutes or until a skewer inserted in the middle comes out clean. Cool in pan for 10 minutes then turn onto a wire rack to cool. Dust with icing sugar, slice and serve.



Zucchini

- Dark green varieties contribute some beta carotene, an antioxidant pigment which the body can convert to vitamin A.
- Zucchini are a source of vitamin C. This vitamin is important for healthy gums and also helps the body fight infections.