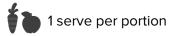
## Carrot, Date and Zucchini Cake

Serves: 12 Prep time: 10 minutes + 4 hours soaking time Cook time: 1 hr 15 minutes



Ingredients

2 cups dates, pitted and chopped
½ cup bran cereal
½ cup muesli, natural
1½ cups milk, reduced fat
½ cup brown sugar
1 teaspoon cinnamon
½ cup natural yoghurt, reduced fat
2 eggs
1 cup zucchini, grated
1 cup carrot, grated
2 cups self-raising flour
1 cup wholemeal self-raising



**Discretionary Food** 

## Method

COMBINE dates, bran cereal, muesli, milk, sugar, and cinnamon in a medium bowl and allow to stand for 4 hours or overnight.

PREHEAT oven to 180°C. Line a loaf tin with baking paper.

ADD yoghurt, eggs, zucchini, and carrot to the date mixture and mix well.

ADD flour and combine.

POUR mixture into prepared tin and bake for 1 hour and 15 minutes or until firm and browned. COOL on a wire rack.

## Recipe courtesy of the Country Kitchens team



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