

Carrot, Date and Zucchini Cake

Serves: 12

Prep time: 10 minutes + 4 hours soaking time

Cook time: 1 hr 15 minutes



1 serve per portion

Ingredients

2 cups dates, pitted and chopped

½ cup bran cereal

½ cup muesli, natural

1 ½ 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