

Little Zucchini Cakes

Serves: 12

From the Garden: zucchini, carrot

Ingredients:

2 medium (280g) zucchini
 1 medium (160g) carrot
 3/4 cup sunflower oil
 1 cup firmly-packed brown sugar
 2 eggs
 2 cups S. R. flour
 1/2 teaspoon bicarb of soda
 1 teaspoon ground cinnamon
 80g walnuts or pecan nuts

Optional: Cream cheese frosting

50g unsalted butter, softened
 100g cream cheese, softened
 2 tsp finely-grated orange or lemon rind
 1 3/4 cups icing sugar mixture

Make cream cheese frosting: Using an electric mixer, beat butter, cream cheese and rind until smooth. Gradually add icing sugar, beating until well combined, spread onto cooled cakes.

Equipment:

Basic toolbox, box grater, garlic crusher, non stick frying pan, non-stick tongs and lifter

Method:

1. Preheat oven to 180°C.
2. Line a 24-hole muffin pan with paper cases.
3. Wash and dry zucchini and carrots thoroughly. Grate using the coarse side of a box grater and place into a medium bowl, set aside.
4. Chop the nuts into small pieces and place in small bowl, set aside.
5. Measure out the oil and the sugar into a large bowl. Using an electric hand mixer, beat the oil and sugar for 5 minutes.
6. Crack the eggs into a small bowl, (just in case you need to fish out any shells!) Add the eggs one at a time to the large mixing bowl. Beat the mixture well after each addition of egg.
7. Squeeze excess moisture from zucchini and carrot. Drain onto paper towel.
8. Add the vegetables to the large bowl and stir through using a wooden spoon.
9. Measure the flour, bicarbonate of soda and cinnamon in a medium bowl. Sift this dry mix into the large bowl. Fold through gently using a wooden spoon.
10. Add the nuts. Stir well to combine.
11. Divide mixture among paper cases.
12. Bake for 30 minutes or until golden and a skewer inserted into the centre of one cake comes out clean. Stand for 5 minutes. Place the little cakes on a wire rack to cool. Dust with a little icing sugar or spread with the cream cheese icing.

Enjoy!

Tasks within two * __ * means please get an adult to help.

Recipe reference: "Super Food Ideas" magazine December 2007, recipe by Kim Coverdale.