# Zucchini Bread

If you’re looking for some ideas to use up the zucchini from your summer veggie garden, here’s a simple American-style oil-based bread (almost cake) to try. And it freezes very well!

Ingredients

2 large eggs

2/3 cup honey ( or to taste)

1 teaspoon vanilla essence

200 g zucchini

1/3 cup light oil (canola, peanut, light olive)

1 ½ cups plain flour

¾ teaspoon bicarb of soda

½ teaspoon baking powder

½ teaspoon ground cardamom

½ teaspoon ground ginger

1 tablespoon LSA , ground flax or ground almonds

½ cup roughly chopped walnuts

Method

1. Butter a loaf tin 20 x 10 cm and line the base with some non-stick baking paper
2. Set oven to heat to 170deg C (or 150deg C fan-forced)
3. Beat the eggs with the honey and vanilla until thick.
4. Grate the zucchini (if a large one, first remove the seeds and pulp from the centre) to give you a good firmly packed cup.
5. Add to the eggs and honey, and mix in the oil.
6. Sift the dry ingredients over the top and stir for 30 seconds. Add the nuts and stir again for another 30 seconds.
7. Pour into the prepared tin.
8. Bake for 50-60 minutes or until golden brown on top and firm to touch. (When cooking, check that it isn’t browning too quickly. If it is, cover with foil.)
9. When done, remove from oven and allow to cool for 10 minutes in the tin before turning out on a cake rack to cool completely.

This is a moist bread so will taste doughy if you try to eat it warm. Give it about 4 hours to cool before cutting with a bread knife.

Enjoy!

Veronica

Suburban Bees

4 Rules for replacing sugar with honey in baking

1. Substitute ½ to 2/3 honey for every cup of sugar - use your judgement on the sweetness of the honey and your taste.
2. For every cup of honey you’re using, subtract ¼ cup of other liquids from the recipe – honey is about 20% water
3. Add ¼ teaspoon baking soda for every cup of honey – this is to balance the acidity of the honey and aid rising
4. Reduce the temperature of the oven by 25°F –to prevent it browning too quickly due to the higher sugar content in honey.

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