

Recipe Card



Zucchini Carrot Bundt Cake (or Muffins)

Recipe by Joyce Moon

Yield: 1 bundt cake or 24 muffins

Ingredients:

1 cup Walnuts Toasted
2 cups Spelt Flour
1 teaspoon Baking Powder
½ teaspoon Baking Soda
1 teaspoon Sea Salt
2 teaspoons Cinnamon
1 teaspoon Ginger
½ teaspoon Nutmeg

3 Eggs
1 ¾ cups Sugar
250 mL (1 cup) Extra Virgin Olive Oil
2 teaspoons Vanilla Extract

2 cups Zucchini, finely grated
½ cup Carrots, finely grated

Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, whisk together dry ingredients.
3. In a small bowl, mix together wet ingredients, including sugar.
4. Make a well in dry ingredients and pour wet into dry.
5. Mix together until 60-75% incorporated.
6. Add zucchini and carrots to bowl and fold gently until fully incorporated. Be careful to not overmix!
7. Bake for 45-50 minutes for bundt pan, or 25-30 minutes for muffins.

Nutritional Info for 1 muffin: 200 kcals, Protein 3 grams, 2 grams fat, 25 grams carbohydrate, Fiber 2 grams, Sodium 170 mg, Potassium 100 mg, Phosphorus 75 mg

<http://www.healthiestbest.com/quick-and-healthy-meals>