

Carrot, Zucchini and Date Bread

Makes 10 slices

1 cup grated carrot (washed, no need to peel)
1 cup grated zucchini (washed)
10 chopped dates
60gm chopped walnuts
2 tbsp mixed seeds (I mix my own using sesame, linseed, pepitas, sunflower seeds)
50gm soft brown sugar
2 large eggs, lightly beaten
60ml grape seed oil (omega 6*)
1 ½ cups whole wheat plain flour, sifted with
1 tspn baking powder
1 tspn ground cinnamon

Method

Pre heat the oven to 180c. Line a 1kg (2lb) loaf tin with baking paper.
In a large bowl, mix carrots, zucchini, dates, walnuts, seeds, sugar and eggs. Mix in the oil, and then fold in the flour and baking powder.
Spoon mixture into tin, spreading until the surface is even. Bake for c45mins or until firm to the touch and a metal skewer or thin bladed knife inserted into the centre of the loaf comes out clean. Cool before slicing into 10 slices. (If you refrigerate the loaf before slicing it makes it easier to cut ☺).
As it contains no artificial preservatives, wrap slices individually and freeze.

Serving Suggestions

Take to work or Uni or training for a nutritious snack, or serve with low fat yoghurt and fresh fruit as a dessert. For a hot dessert gently warm in the microwave and serve with low fat custard, yoghurt or ice cream.

* Fatty acids that are necessary for health and that cannot be made by the body are called essential fatty acids (EFAs). Omega 6 is an EFA. EFAs must be supplied through the diet. They improve the skin and hair, reduce blood pressure, aid in the prevention of arthritis, lower cholesterol and triglyceride levels, and reduce the risk of blood clot formation.