



# Spiced sweet zucchini bread

30'

Hands on

1 hour'

Hands off

60'

Cook Time

6-8

Portion(s)

1

Difficulty



## Method

- Position the oven rack to a medium level and preheat oven to 180\* C (350\* F) Fan.
- Brush a 22x12 cm loaf pan with oil.
- Grate the zucchini on a cheese grater, using the large blades.
- Melt the butter in the microwave. Place it in a small bowl, cover with plastic wrap and microwave for 1 minute.
- In a separate bowl, combine the eggs, yogurt, lemon juice and melted butter with a hand whisk. Add the sugar and continue whisking.
- In another bowl, combine the flour, baking powder, baking soda, cinnamon, all spice, salt and walnuts.
- Add the grated zucchini to the yogurt mixture and stir to combine.
- Add the flour mixture and mix.
- Spread mixture into loaf pan.
- Bake for 1 hour, until golden, rotating the pan while baking so it can bake evenly. Insert a toothpick into the cake to make sure it is ready; it should come out clean and dry.
- When ready, remove from oven and set aside for 1 hour before serving.

## Ingredients

- 500 g medium zucchini, ends chopped off
- 240 g all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground all-spice
- ½ teaspoon salt
- 300 g granulated sugar
- 6 tablespoons unsalted butter, melted and set aside at room temperature
- 2 eggs
- 2 tablespoons Greek strained yogurt
- 1 tablespoon fresh lemon juice
- ½ cup walnuts, toasted and coarsely chopped

## Διατροφικός πίνακας

Nutrition information per 100 gr.

238 Calories (kcal)	8.6 Total Fat (g)	3.9 Saturated Fat (g)	35.0 Total Carbs (g)
12%	12%	20%	13%
22.4 Sugars (g)	4.3 Protein (g)	1.6 Fibre (g)	0.62 Sodium (g)
25%	9%	6%	10%