



Greek Walnut Zucchini Cake

20'

Hands on

60'

Cook Time

15-20

Portion(s)

2

Difficulty



Method

The moisture in the vegetables helps keep the cake soft and moist. The zucchini is the secret ingredient in this recipe!

- Preheat oven to 180* C (350* F) Fan
- Shred the zucchini in a cheese grater. Set aside in a [bowl](#).
- Spread the walnuts onto a [baking pan](#) and toast in oven for 10 minutes (180* C (350* F)). When they are ready, remove from oven and set aside to cool.
- Start on the syrup. Add the sugar, water, lemon juice and lemon rind to a [small pot](#) and bring to a boil. As soon as the sugar melts, remove from heat. Transfer to a bowl and allow to cool.
- In a mixer's bowl, add the olive oil, sugar and eggs. Beat with the whisk attachment on high speed, until the mixture turns white and fluffy.
- Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg and vanilla in a bowl. Sift ingredients.
- Add the dry ingredients to the mixture in the mixer. Beat for a very short amount of time, just until all of the ingredients become fully incorporated.
- Process walnuts in a food processor until they are completely broken down.
- Add the grated zucchini and walnuts to the mixture. Mix gently with a spatula.
- Grease and flour a 30x24 cm baking pan.
- Transfer mixture to baking pan. Bake at (180* C (350* F)), for 45-50 minutes, or until you can insert a toothpick into the cake and it comes out clean.
- Pierce cake with a fork in various spots. Pour the cold syrup onto the cake as soon as you remove it from the oven. The little holes made by the fork will help the cake soak up the syrup faster.
- Allow to cool at room temperature and refrigerate to cool completely.
- Serve with vanilla or kaimaki ice cream.

Ingredients

- 200 g walnuts
- 280 g all-purpose flour
- ½ teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- 300 g zucchini, washed and stems removed
- 3 large eggs, at room temperature
- 200 g olive oil
- 350 g granulated sugar
- 3 teaspoons vanilla extract or 3 packets vanilla powder

For syrup

- 500 g granulated sugar
- 400 g water
- rind and juice from ½ lemon

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|--------------------------|-----------------------------|----------------------------|
| 396 Calories (kcal) | 18.0 Total Fat (g) | 2.5 Saturated Fat (g) | 54.0 Total Carbs (g) |
| 20% | 26% | 13% | 21% |
| 43.0 Sugars (g) | 4.5 Protein (g) | 1.5 Fibre (g) | 0.29 Sodium (g) |
| 48% | 9% | 6% | 5% |

Tip

You should always remember that the less you mix the flour into the cake batter, the lighter and fluffier your cakes will be!!