**Courgette loaf cake**

**PREP: 15 MINSCOOK: 1 HR. Freezable. vegetarian**

**CUTS INTO 8 SLICES**

Use up a garden glut in this sweet, spiced sponge loaf - the hidden veg keeps it moist and walnuts add crunch.

Nutrition: per slice

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Kcal | Fat | Saturates | Carbs | Sugars | Fibre | Protein | Salt |
| 457 | 25g | 3g | 50g | 23g | 3g | 8g | 0.3g |

**Ingredients**

* butter, for the tin
* 2 large eggs
* 125ml vegetable oil
* 85g soft brown sugar
* 350g courgette, coarsely grated
* 1 tsp vanilla extract
* 300g plain flour
* 2 tsp cinnamon
* ¼ tsp nutmeg
* ½ tsp bicarbonate of soda
* ½ tsp baking powder
* 85g walnut, roughly chopped
* 140g sultana

**Method**

1. Heat oven to 180C/160C fan/gas 4. Butter and line a 2lb loaf tin with baking parchment. In a large bowl, whisk the eggs, oil and sugar, then add the courgettes and vanilla.
2. In another bowl, combine the remaining ingredients with a pinch of salt.
3. Stir the dry ingredients into the wet mixture, then pour into the tin. Bake for 1 hr, or until a skewer inserted into the centre comes out clean. Leave to cool, then serve, or freeze for up to 1 month.

Taken from bbcgoodfood.com