

Eat The View

Recipes and Tips

Courgette loaf cake

350g courgettes (no need to peel them) 200g soft brown sugar

125ml sunflower oil

3 large eggs, lightly beaten

1 tsp vanilla extract 100g sultanas

300g self-raising flour 1 tsp baking powder

Heat oven to 180C/160C fan/gas 4.

Lightly oil and line a 1kg loaf tin with a strip of baking parchment.

Finely grate the courgettes, then squeeze out as much liquid as you can with your hands (too much liquid will make the cake soggy).

Stir the courgettes with the sugar, sunflower oil, eggs, vanilla and sultanas, then fold in the flour and baking powder until they disappear, but don't overmix.

Scrape the mixture into the tin and bake for 50 mins until a skewer inserted into the cake comes out clean. Remove from the tin and cool on a wire rack.