

Sweet Zucchini Bread

Utensils and equipment

* Kitchen Scales



* Chopping Board



* Vegetable Knife



* Mixing bowl



* Tablespoon



* Vegetable Peeler



* Plate



* Measuring Jug



* Measuring spoons



* Apple corer



* Balloon whisk



* Bread Knife



* Cooling tray



* Grater



* Skewer



* Spatula



* Loaf tin



Ingredients

* 240g plain wholemeal flour



* 200ml fresh milk



* 1 tbsp polyunsaturated margarine



* 1 egg



* 75g zucchini



* 80g carrots



* 90g apples



* 1 orange



* 40g sultanas



* 15g walnuts



* 2 tsp cinnamon



* ½ tsp nutmeg



* 1 tsp baking powder

* ½ tsp baking soda



Cooking time: 50 - 60 minutes

Number of servings: makes 1 loaf

Method



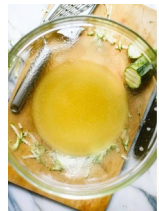
1. Weigh and measure the required ingredients.
2. Preheat the oven to 190°C.
3. Grease a loaf tin.
4. In a mixing bowl, beat the egg.



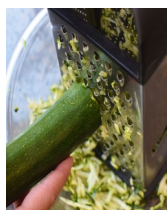
Always wash your hands after using eggs.



5. Melt the polyunsaturated margarine. Add it to the beaten egg and mix well.
6. Add the milk, baking soda, baking powder, cinnamon and nutmeg and whisk to blend.



7. Peel, core and grate the apple. Zest and squeeze the orange.



8. Wash and grate the zucchini and carrots.
9. Stir in the apples, carrots, zucchini, sultanas, orange zest and juice. Add the wholemeal flour and stir just until combined.

10. Chop the nuts and gently fold them into the mixture.



10. Pour the batter into the greased loaf tin.

11. Bake for 50 to 60 minutes or until a skewer inserted in the centre comes out clean.

13. Let the bread cool in the loaf tin for 10 minutes, then transfer to a cooling tray and allow it to cool further.



Storage and shelf life:

- 2 to 3 days at room temperature
- 5 to 7 days in the refrigerator
- up to 3 months in the freezer