

ZUCCHINI YOGHURT LOAF

Servings 8 | Prep Time 15 mins | Total Time 1.25 hours

INGREDIENTS

- 4 Eggs
- 90g Rapadura Sugar or Brown Sugar
- 300g Small Zucchini (approximately 3)
- 150g Buckwheat Flour
- 120g Sunflower Meal (for nut free, or you could use Almond Meal)
- 250g Natural or Lactose Free Yoghurt
- 60ml Olive Oil
- 26g (2 Tablespoons) White Chia Seeds
- 5g (1 teaspoon) Baking Powder
- 1 Tablespoon Finely Grated Orange Rind
- 1 Tablespoons Vanilla Extract



METHOD

1. Preheat oven to 160°C. Lightly grease and line with non-stick baking paper a 26cm x 8cm loaf tin.
2. Place the eggs and sugar in the bowl of an electric mixer and whisk for 8 minutes or until light, fluffy and tripled in size.
3. Grate the zucchini and using your hands, gently squeeze out the juice.
4. Place the zucchini, buckwheat flour, almond meal, yoghurt, oil, orange rind, chia, vanilla and baking powder in a large bowl and stir to combine. Gently fold in the egg mixture in 2 batches.
5. Pour the mixture into the loaf tin and cook for 60 – 65 minutes or until cooked when tested with a skewer. Set aside to cool in the tin.
6. Once cool, slice and serve (optional: drizzle with maple syrup to serve!)

THERMOMIX METHOD

1. Preheat oven to 160°C. Lightly grease and line with non-stick baking paper a 26cm x 8cm loaf tin.
2. Add the Buckwheat grouts and Sunflower seeds to the Thermomix bowl and grind 30 secs / speed 9 then set aside.
3. Roughly chop the zucchini, and then add to the Thermomix bowl and grate 3 secs / speed 5. Gently squeeze out the juice then set aside.
4. Insert the butterfly into the Thermomix bowl. Add the eggs and sugar to the bowl beat for 5 mins / 37C / speed 4.
5. Add the zucchini, buckwheat flour, almond meal, yoghurt, oil, orange rind, chia, vanilla and baking powder to the Thermomix bowl and mix 10 sec / speed 3 or until just combined.
6. Pour the mixture into the loaf tin and cook for 60 – 65 minutes or until cooked when tested with a skewer. Set aside to cool in the tin.
7. Once cool, slice and serve (optional: drizzle with maple syrup to serve!)