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| Food Studies 11 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  WVSS Block:\_\_\_\_\_\_\_ |

**Zucchini Nut Loaf or Muffins**

**Ingredients**

250 ml grated unpeeled zucchini

250 ml sugar

2 small eggs, beaten

120 ml oil

350 ml flour

8 ml cinnamon

5 ml salt

5 ml baking soda

4 ml pumpkin pie spice

1 ml baking powder

1 ml grated lemon peel

50 ml chopped walnuts

**Method**

1. Pre-heat oven to 350 F
2. Mix dry ingredients together – sift together flour, cinnamon, salt, baking soda, pumpkin pie spice, and baking powder.
3. Mix wet ingredients – beat eggs slightly with whisk. Add oil and blend well.
4. Add zucchini, lemon peel and sugar to wet ingredients.
5. Make a well in the dry ingredients. Pour wet ingredients all at once into the dry ingredients.
6. Stir lightly with fork just until dry ingredients are moistened. The batter will be lumpy.
7. Turn into greased and waxed lined small loaf pan or divide among muffin liners.
8. Bake at 350 F for 40 – 45 minutes or until done.
9. Cool in pan for 10 minutes. Remove from pan. Cool loaf thoroughly. Wrap in foil and store overnight before slicing.