



Recipes from the Recipe Swap Tent

Series:	Hairy Bikers - Mums Know Best – Series 2
Category:	Baking Sweet
Programme:	Lazy Weekends
Submitted By:	Frances
Recipe Title:	Courgette Cake
Ingredients:	<p>12 oz courgettes (trimmed and grated) 9 oz white sugar 8 oz plain flour 6 fl oz vegetable oil (<i>we use grapeseed oil</i>) 4 oz walnuts (optional) 1 tsp baking powder 1 tsp cinnamon 1 tsp salt (optional) 2 large eggs</p>
Method:	<p>Line/grease a 2 lb loaf tin or comparable round baking tin.</p> <p>Take a large mixing bowl and combine the courgettes, oil, sugar, eggs and nuts. Set aside.</p> <p>Sift the flour, baking powder, cinnamon and salt into a bowl and then stir in the courgette mixture. Give it a thorough mix.</p> <p>The mixture should be quite runny. Pour it into the baking tin and bake for 1 hour at gas mark 4 (170°C, 350°F – a bit less in a fan oven).</p> <p>The cake is ready when a skewer comes out clean.</p> <p>Allow to cool before turning out onto greaseproof paper.</p>
Notes:	<p><i>Great on its own with a cup of tea, but if you're feeling more indulgent....</i></p> <p><i>Cream together:</i> 6 oz half-fat cream cheese 3 oz softened butter 2 tbsp icing sugar 1 tsp vanilla essence</p> <p><i>(don't count the calories!)</i></p>