

# GF ZUCCHINI *Cake*

**\$1.70**

*per serving*

**30** MINUTES  
OR LESS

**12 INGREDIENTS**

*Buy Local!*

1 1/2 cups **grated zucchini** • 1 tsp. vanilla  
1 cup raw /organic cane sugar • 1 tsp. baking powder  
1 tsp. baking soda • 1/4 cup melted coconut oil  
1/4 cup unsweetened applesauce • **2 eggs**  
1/2 tsp. cinnamon • 1 1/2 cups gluten free flour blend  
3/4 cup almond meal (ground from raw almonds)  
1/4 cup gluten free oats • pinch salt  
**DAIRY FREE CREAM CHEESE FROSTING (OPTIONAL)**  
4 Tbsp butter, softened (or use vegan butter)  
2- 2 1/2 cups powdered sugar (1/2 lb.)  
4 ounces softened cream cheese (or "Tofutti")  
1/4 tsp. pure vanilla extract



\*highlighted ingredients can be bought at the market!



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# HOW TO: GF ZUCCHINI CAKE

1. Preheat oven to 300 degrees F and butter and flour an 8x8 pan with butter (or use dairy-free butter) or cooking spray and gluten free flour.
2. In a large mixing bowl, whisk together sugar, oil, applesauce, eggs, and zucchini. Add vanilla, baking soda, baking powder and cinnamon. Lastly add almond meal, gluten free flour blend, and gluten free oats and whisk again to combine. The batter should be slightly thick but very easy to pour.
3. Pour batter into your pan and bake for 45 minutes - 1 hour, or when a toothpick inserted comes out clean and the edges are golden brown.
4. While cooling, make your frosting by beating butter (or use dairy-free butter) and cream cheese together, then add vanilla and beat again. Add powdered sugar 1/2 cup at a time until you reach desired consistency and sweetness. It should be fairly thick but still spreadable.
5. Once the cake is fully cooled, frost and serve immediately. You'll have leftover frosting.
6. The cake should keep covered in the fridge for several days, or in the freezer for several weeks. However, it's best when eaten fresh. Let set out for 10-15 minutes before serving if refrigerating so it warms a bit and becomes more tender.

## *why is it healthy?*

### ZUCCHINI

Zucchini is mostly water, containing only 33 calories and like other dark green vegetables it's a great source of vitamin A.

### ALMONDS

Almonds are one of the most nutritious nuts. They are an incredible source of minerals such as manganese, potassium, calcium, iron, magnesium, zinc, and selenium.

### APPLESAUCE

Apples are full of fiber! This helps reduce risk of diabetes, reduce cholesterol, detox the liver, control weight, and boost immunity! And they whiten teeth!

**This recipe is from Minimalist Baker**

Go to [minimalistbaker.com](http://minimalistbaker.com) to see more recipes!

<http://minimalistbaker.com/gluten-free-zucchini-cake/>

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