

Fresh Zucchini Cake

- 3 Cups Flour, Spelt Flour, or Whole Grain Flour
- 3 Cups Freshly Grated Zucchini (pat dry)
- 1 ³/₄ Cups Coconut Sugar or Brown Sugar
- 1/2 Cup Organic Coconut Oil, Melted
- 1/2 Cup Canola Oil
- 1 Teaspoon Baking Soda
- 1 Teaspoon Baking Powder
- 1 Tablespoon Cinnamon or Spice Blend
- 3 Eggs

**Easy, Healthy,
& Kid-Friendly!**

Did you know? Organic Sprouted Whole Spelt Flour is a great source of protein. Using it in recipes like this is an easy way to boost protein intake.

Pre-heat oven to 350 degrees. Grease a 13 x 9 pan. In mixer, combine sugar and oils first, then add the baking soda, baking powder, cinnamon, and eggs. Add the zucchini and mix until blended. Add the flour one cup at a time, mixing well after each cup until smooth. Pour the batter into the pan and bake 30-45 minutes, or until a pick inserted into the center comes out clean.

Serving suggestion: Can be topped with **homemade cheesecake frosting**. For the frosting, whip one softened 8-oz package of cream cheese together in a mixer with one cup of powdered sugar. Add one tablespoon fresh lemon juice (or more to desired taste) and whip until smooth. Spread generously on top of cake once cake has cooled.

Enjoy! And, as always, we recommend using organic and/or local products whenever possible!