

Chocolate (or carob) & Courgette Cake

12½ oz plain flour
2½ oz cocoa (or carob) powder
2½ tsp baking powder
1½ tsp bicarb of soda
1 tsp salt
1 tsp cinnamon
6 oz butter / marge
10 oz caster sugar
3 eggs
2 tsp vanilla essence
Grated rind 1 orange
4 fl oz milk
10 oz grated courgette (2 medium courgettes)

Grease & line a large cake tin (at least 9")

Sift dry ingredients into a bowl.

Cream butter & sugar, then beat in eggs one at a time.

Gradually stir in dry ingredients, alternating with a splash of milk.

Stir in vanilla, orange and courgettes.

Put in tin and bake 1¼- 1½ hours at 160° C. Check with skewer - may need longer.

Courgette & Walnut Loaf

3 eggs
3 oz dark brown sugar
5 Tbsp sunflower oil
8 oz wholemeal flour
1 tsp baking powder
1 tsp bicarb of soda
1 tsp cinnamon
1 level tsp allspice
6 cardamoms
1 medium courgette, grated
4 oz walnuts, chopped
2 oz sunflower seeds

Beat eggs & sugar together & gradually add oil.

Sift dry ingredients into a bowl.

Mix everything together, reserving a few sunflower seeds to sprinkle on top.

Put into greased loaf tin and bake 1 hour at 180°C

Leave to cool slightly before turning out.