

Recipe Name: Whole Wheat Zucchini Cake Recipe

Diet Type:

Course: Snack

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	8
• 3/4 teaspoon Baking powder	
• 1/2 teaspoon Salt	
• 1/2 teaspoon Baking soda	
• 1/2 teaspoon Cinnamon Powder (Dalchini)	
• 3/4 cup Sugar - powdered	
• 2 Whole Eggs	
• 1/4 cup Sunflower Oil	
• 1/4 cup Curd (Dahi / Yogurt) - thick	
• 1 cup Green zucchini - grated with peel (squeeze the grated zucchini to take out excess moisture	
• 1 teaspoon Vanilla Extract	
• 1/4 cup Walnuts - (chopped) or chocolate chips (optional)	

Preparation

- In a bowl, add flour, baking powder, baking soda, salt, and cinnamon powder.
- Sift this dry mixture through a fine sieve and keep it aside.
- In a separate bowl, add eggs and beat with an electric beater at high speed for a minute.
- You can use a hand whisk also.
- Once it is done, add oil, curd, and vanilla essence to the egg mixture and beat at medium speed till well combined.
- Next, gradually add the sifted flour mixture and beat at the lowest speed until just combined.
- Do not overmix.



- With the help of a spatula, fold in the grated zucchini until well incorporated.
- If using walnuts or chocolate chips, add them also along with the zucchini.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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