

Zucchini Walnut Cake

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 cup zucchini grated, skin on**
- 1/2 cup applesauce
- 2 whole eggs
- 1 banana, mashed
- 1/2 cup dark maple syrup
- 1 tsp vanilla extract
- 1/2 cup coconut oil, melted
- 1 cup brown rice flour
- 1/2 cup coconut flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 cup walnuts, chopped

Instructions:

1. Preheat oven to 350F degrees. Grease the sides of an 8 or 9" springform pan with coconut oil and line the bottom with parchment paper.
2. Combine zucchini, applesauce, eggs, banana, maple syrup, vanilla and coconut oil in a large bowl.
3. Combine flours, baking powder and ground spices in a separate bowl.
4. Combine dry and wet ingredients together. Fold in chopped walnuts but reserve some to sprinkle on top of cake.
5. Pour cake mixture into springform pan. Place in oven and bake for 25-35 minutes until a knife inserted comes out clean.

Notes:

*I bake this cake on convection setting and 25 minutes does the trick. If you do not have a convection oven, then you'll likely need to bake it for 35 minutes. **You could double the amount of zucchini in this recipe. I haven't tried it but after baking it, I thought it could use more zucchini.