



Go for 2&5[®]
FRUIT VEG

Get the edge with fruit & veg

It's recommended that adults eat at least two serves of fruit & five serves of veg every day. Eating more fruit and vegetables helps to prevent overweight and obesity, heart disease, some forms of cancer and can also improve control of diabetes.

Carrot, Zucchini and Date Cake

20 minutes plus 4 hours to stand,
preparation + 1 1-¼ hours cooking
7 serves of vegies in this recipe

- 2 cups dates, pitted and chopped
- ½ cup bran cereal (e.g. Allbran[®])
- ½ cup untoasted muesli
- 1 ½ cups low-fat milk
- ½ cup brown sugar
- 1 teaspoon cinnamon
- ½ cup low-fat natural yoghurt
- 1 egg, beaten
- 1 cup zucchini, grated
- 1 cup carrot, grated
- 2 cups self-raising flour
- 1 cup wholemeal self-raising flour

Combine dates, bran cereal, muesli, milk, sugar and cinnamon and allow to stand for 4 hours or overnight. Preheat oven to 180 °C. Line a 23cm square cake tin. Add yoghurt, egg, zucchini and carrot to the date mixture and mix well. Add flour and combine. Pour mixture into tin and bake for 1-1 ¼ hours until firm and browned. Cool on a wire rack. Serves 12.



Sample this recipe at the Go for 2&5[®] Taste Test

Belconnen Fresh Food Markets

Thursday, 21 May 2009, 12 noon - 2.00pm



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