

Zucchini-Banana Bread

Ingredients

- 1 large zucchini, about 250 gm (10 oz.)
- 2 extra-large eggs
- 3/4 cup raw sugar
- 2/3 cup olive oil (plus more for greasing the pan)
- 2 teaspoons pure vanilla extract
- 2 teaspoons ground cinnamon
- 1 very ripe medium banana
- 1/2 cup sultanas
- 1-1/2 cups self raising flour



Method

1. Preheat the oven to 180 degrees.
2. Wash the zucchini and dry; do not peel. Grate the zucchini on the large holes of a box grater to get 2 cups. With clean hands, squeeze the zucchini dry.
3. In the bowl of an electric mixer, beat the eggs and sugar on medium-high for 3 minutes. Add the oil, vanilla and cinnamon and beat for 30 seconds. Peel the banana and break it into small pieces. Add the banana to the bowl. Beat until the banana is incorporated and the mixture is smooth. Stir in the zucchini and sultanas, then stir in flour and mix well.
4. Lightly oil a nonstick 8-x-4 inch loaf pan. Pour in the batter and bake 50 to 55 minutes, until firm and golden. Remove from the oven and let cool. Turn bread out of pan and slice.

Yield: Serves 8.

Source: From 'Recipes for a healthier teenager' by Karen Barrow,
<http://well.blogs.nytimes.com/2009/12/14/cooking-for-teens/>