



Carers Trust's

CHOCOLATE AND COURGETTE LOAF

Ingredients

- 200 g plain flour
- 200 g caster sugar
- 80 g cocoa powder
- 1 tsp bicarbonate of soda
- ½ tsp salt
- 5 tbsp vegetable oil
- 1 tsp vinegar (white wine or malt vinegar)
- 1 tsp vanilla extract
- 250 ml water
- 150 g raw courgettes, grated

For the icing

- 35 g margarine
- 2 tbsp cocoa powder
- 2 tbsp boiling water
- 180 g icing sugar

Instructions

1. Preheat the oven to 180°C (350°F/Gas 4) and line a 2-lb loaf tin with non-stick baking paper or use a loaf tin liner.
2. Sift all the dry ingredients into a large bowl or whizz in a food processor to combine.
3. Add the oil, vinegar, vanilla and water and mix well until everything is combined. Stir in the grated courgettes.
4. Scrape into the prepared tin and bake in the preheated oven for about 40–45 minutes, or until a skewer comes out clean. Leave to cool in the tin.
5. To make the icing place the dairy-free margarine, cocoa powder and water in a bowl and melt gently in the microwave or in a small pan over a low heat. Stir in the icing sugar and mix well until smooth. Spread a generous layer on the top of the cooled cake.



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