

Chocolate Courgette Cake

Makes 12 slices
or 12 medium
muffins

Courgettes add moisture and nutrients to this cake. It's perfect for cutting up to share and can be drizzled with melted chocolate for special occasions.

Organisation and skill: ★★★ Cost: £££ Equipment: 

Ingredients

- 200g golden caster sugar
- 200g butter (softened) or dairy free alternative
- 100g wholemeal self-raising flour
- 100g white self-raising flour, sieved
- 1 level teaspoon baking powder
- 75g cocoa, sieved
- 4 medium-sized eggs, beaten
- 150g courgettes, coarsely grated

Equipment

- grater
- small bowl
- sieve
- mixing bowl
- wooden spoon
- fork
- tablespoon
- spatula
- 900g loaf tin, greased and lined or a muffin tray with 12 holes and 12 paper cases

How to make it

- 1 Place the grated courgette in a small bowl. Add one level tablespoon of caster sugar taken from the weighed 200g – this helps to draw the water out – and mix it in well. Set aside for 10–15 minutes. In the mixing bowl, mix the softened butter and remaining sugar together until it is lighter in colour and a fluffy texture. Add the beaten egg a tablespoonful at a time until it's been used up.
- 2 Heat the oven to 160°C/140°C fan/Gas 3.
- 3 With your hands, squeeze excess juice from the courgette. Beat the courgette into the butter and sugar mixture. Add the flour and cocoa and stir gently until the mixture is a 'soft dropping' consistency – this is when it drops softly off the spoon without running or needing a hard shake.
- 4 Spoon the mixture into the greased and lined loaf tin. Smooth it level with the back of the tablespoon. Bake for 55–60 minutes until it is well-risen and a skewer or knife inserted in the centre of the cake comes out without wet batter on it.
- 5 When completely cold, slice to serve.



Allergy aware:
This recipe contains
Gluten (flour), Egg
Milk

Cooking and sharing together

- This cake is a great healthier option for bake sales
- Squishing water out of courgettes is a good way to involve children. What is the texture like? What do they think it will taste like when baked into the cake? Can they think of any other vegetable cakes?

Recipe hints and tips

- If making the mixture into muffins, bake at 180°C/160°C fan/Gas 4 for 20 minutes until well-risen and slightly firm to the touch.
- Using a mixture of wholemeal flour and white flour in this recipe increases the cake's fibre.
- A slice of this cake is a better option than a chocolate bar in a packed lunch. It's not ultra-processed and includes wholemeal flour as a source of fibre and courgettes as a source of veg.
- To top with melted chocolate, break your chocolate into pieces and then place into a heatproof bowl above a pan of gently boiling water until just melted.
- **Storage:** This can keep in an airtight container for a few days. You can also slice and freeze it, then leave out for an hour or so to defrost when you'd like some.

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