

A Piece of Cake

Julie Maree Wood



In the sea of mediocrity we find in supermarket snack aisles, it can be challenging to find nutritious snacks and treats for our children. If your children are going to have an occasional treat such as cake, ensure it is as packed with nutrition as it can be. They will then be having a treat, but you will also be fuelling them up with goodies. The best way to do this is to bake the snacks and treats yourself. Baking sounds difficult and daunting to many, but with the right recipe, it can be easy, fulfilling and have wonderful benefits for your family.

Simple ways to make a cake recipe more nutritious:

- Cut down the added sugar or use natural sweeteners such as fruit, fruit juices or maple syrup. If possible, use no more than about 1/2 a cup of added sugar.
- Look for recipes with no more than 90 grams of added fat (butter or Nuttelex).
- Add some more nutrients by adding a tablespoon or two of wheatgerm.
- Substitute some of the liquid for natural, unflavoured yoghurt.
- Use a portion of wholemeal flour to increase the fibre and nutrients.
- Look for recipes that use flours other than wheat. This means flours such as spelt or rye.
- Look for recipes that are based on fruit or vegetables.

The fluffy, fine texture of a cake is due to using fine, white flour and the ratio of refined white sugar and fat. Therefore, making some of the above adjustments will often result in a slightly denser cake, but it will still be just as delicious and immensely more nutritious.

Zucchini Cake

90 grams butter or Nuttelex

1/2 cup caster sugar (if your child is used to a very sweet cake, you could increase this to 3/4 cup and then reduce it over time to 1/2)

2 eggs

3/4 cup white self raising flour

3/4 cup wholemeal self raising flour

1 cup peeled and grated zucchini

2 tablespoons orange juice

2 tablespoons milk

1/2 teaspoon cinnamon

Cream the butter and sugar until light, fluffy and pale in colour.

Add the eggs one at a time, beating well after each addition. Lightly blend in all remaining ingredients.

Pour into a greased 15 x 25cm loaf pan. Bake in a moderate oven (180°C) for 45 minutes or until a skewer in the centre of the cake comes out clean and dry. Turn onto a wire rack to cool. Dust with icing sugar.

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