

Beans, Rice And Everything Nice

Chocolate Zucchini Cake



original recipe by beansriceeverythingnice.weebly.com

Ingredients

makes 1 loaf

1 Tablespoon ground flax seed
3 tablespoons hot water
120 grams (1-1/4 cup) gluten-free
oat flour
60 grams (1/2 cup plus
2 tablespoons) tapioca starch
60 grams (1/2 cup) cocoa powder
1/2 teaspoon psyllium husk powder
(optional)
2 teaspoons baking powder
250 ml (1 cup) non-dairy milk
125 ml (1/2 cup) maple syrup
or other sweetener
1 teaspoon vanilla extract
180 grams (1 generous cup)
grated zucchini
1/2 cup chocolate chips

1. Preheat the oven to 175C / 350F. Line a loaf pan with parchment paper, if desired, and set aside. In a small mixing bowl, whisk together the ground flax and hot water. Shred the zucchini and squeeze out the water if desired. Set flax gel and zucchini shreds aside while you measure the flours.
2. Weigh the flours and cocoa powder and add to a large mixing bowl. Add the baking powder and psyllium husk powder (if using) and whisk to combine.
3. Add the soy milk, maple syrup, and vanilla to the bowl with the flax gel and combine.
4. Add the wet ingredients to the dry and mix thoroughly. Stir in the zucchini and chocolate chips.
4. Pour the batter into the prepared loaf pan and bake in the preheated 175C / 350F oven for 50-60 minutes, until the top is firm but springy and a toothpick inserted in the middle comes out clean. Set on a wire rack to cool completely before serving.