From the Kitchen
of
Executive Chef
Jessica VanRoo

Zucchini Coffee Cake

Description

Wondering what to do with the rest of your zucchini? Try this moist, delicious coffee cake, which has three grams of all-important fiber!
With 100 fewer calories per slice than similar offerings at Starbucks and elsewhere, this coffee cake is a welcome treat to give to family and friends or share with co-workers at the next potluck. The oats in this recipe add complex carbohydrates and fiber. Oats also are higher in protein and healthy fats than most other grains and they contain powerful antioxidants, including avenanthramides, which can increase the body's production of nitric acid and lower blood pressure. The soluble fiber in oats also helps remove cholesterol from the blood stream, especially low-density lipoproteins, the bad cholesterol that can boost the risk of heart disease. Adding almond flour, which is rich in magnesium and has a lower glycemic index than other conventional flours, will also help keep blood sugar levels steady. Extra tip: These coffee cakes freeze well but are best eaten within three to four months.

*Recipe serves 12. Total cost $5.58/$0.47 per serving. 222 calories per serving.

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Ingredients

Cake:
¼ cup yogurt
¼ cup unsalted butter or coconut oil, melted
⅔ cup light brown sugar or monk fruit sugar
1 large egg
1 teaspoon almond extract
1½ cups whole wheat or white whole wheat flour
1 teaspoon baking powder
½ teaspoon baking soda
Pinch of salt
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground cardamom (optional)
1 heaping cup shredded zucchini (about 1 large fruit)

Topping:
½ cup almond flour
⅓ cup old fashioned oats
⅓ cup brown sugar or monk fruit sugar
1 teaspoon ground cinnamon
Pinch of kosher salt
⅓ cup unsalted butter or coconut oil

Susan Samueli Integrative Health Institute

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Instructions

1. Preheat oven to 350 degrees, coat 8-inch square pan with nonstick cooking spray or brush lightly with oil.
2. Combine topping ingredients in bowl, knead butter or coconut oil into the mixture to create a sandy texture and set aside.
3. In a mixing bowl, whisk yogurt, butter or coconut oil, sugar, egg and extract until thoroughly combined.
4. In another bowl, mix flour, baking soda, baking powder, cinnamon, nutmeg and cardamom.
5. Add wet ingredients to dry ingredients, mix just until combined. Leaving a few streaks of flour is OK!
6. Fold in shredded zucchini, but do not overmix.
7. Pour batter into pan, bake 35-40 minutes until golden brown.
8. Cake is done when a toothpick inserted into the middle comes out with a few moist crumbs, not completely dry!
9. To make muffins instead, baking 10-12 minutes or until golden brown.
10. Cool at least 10-15 minutes before serving.

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