



Lemon zucchini cake

Super delicious! What more can I tell you - easy to make too. Serves 8. Per serve: Cal: 181; Fat: 16.1g; Pro: 6.9g; Carbs: 3.4g

Serves: 8, Prep time: 00:15, Cook time: 00:35

Instructions

Preheat the oven to 160 degrees C and grease a 9-inch round cake pan or line with baking paper. Peel the zucchini and chop it and place in food processor.

Add the almond flour, coconut flour, whey protein, baking powder and salt. Melt the butter and add that, along with the sweetener, the eggs, the lemon juice and zest. Beat until well combined.

Gently fold in the blueberries and transfer the batter to the prepared baking pan. Chop the chocolate up and place on top of the mixture, pushing it in slightly. Bake 30 to 40 minutes, until golden brown around the edges and the top is set to the touch.

Remove and let cool completely in the pans, then run a sharp knife around the edges to loosen. Serve with cream, Greek, natural or coconut yoghurt.

Ingredients

- 1 Zucchini, medium
- 0.25 cups Coconut flour
- 0.25 cups Whey protein isolate, Vanilla (can use concentrate)
- 1 cups Almond meal
- 2 teaspoon Baking powder
- 1 teaspoon Salt, Himalayan
- 50 grams Butter, salted (2 oz)
- 0.33 cups Equal Natural Sweetener (Stevia)
- 2 Eggs
- 0.25 cups Juice, lemon
- 2 teaspoon Lemon zest
- 0.5 cups Blueberry, frozen
- 50 grams Well naturally white chocolate, Or other sugar free white chocolate (2 oz)