

# Lemon Squash Bread



*Serves 8*



*90 minutes*



*Summer*



*Squash*



## INGREDIENTS:

- 2 cups grated yellow squash
- 2 medium eggs
- 1/2 cup sugar
- 1/3 cup neutral vegetable oil
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 2 tbsp lemon juice
- Zest of 1 large lemon
- Pinch of salt



## METHOD:

1. Preheat the oven to 175°C.
2. Grease and line a loaf pan. Use an 8 x 4-inch pan for a taller loaf, or a 9 x 5-inch pan for a shorter, wider loaf.
3. Wash and trim the ends of yellow squash. Grate the squash with a box grater. Wrap grated squash in a clean towel or cheesecloth and squeeze out excess water.
4. In a large bowl, whisk eggs until smooth. Add sugar, oil, lemon juice, and lemon zest. Mix well.
5. Stir in grated squash.
6. In another bowl mix flour, baking powder, salt, cinnamon and nutmeg.
7. Gently fold the flour mixture to the egg-squash mixture until just combined. Do not overmix.
8. Pour the batter into the loaf pan.
9. Bake for 50-60 minutes. Check at 50 minutes by inserting a toothpick in the centre. If it comes out clean, remove the bread from oven.
10. Transfer the bread to a wire rack and let it cool down before slicing.

## TIPS:

- You don't need to peel the yellow squash. The skin is thin, edible, and adds colour, nutrients and fibre.
- Squeeze out as much water as possible from the grated squash. If it's too wet, the bread can turn soggy instead of light and fluffy.
- If the batter seems too wet after mixing, add 1-2 tbsp extra flour.
- For gluten free version, use gluten free flour.
- For vegan version, use flax egg (1 tbsp ground flax seed+ 3 tbsp water). Add 1-2 tbsp plant milk if the batter seems dry.
- You can also add chopped nuts or poppy seed for extra flavour.
- Store the cooled loaf by placing it in an airtight container; keep it at room temperature for up to 2 days, in the fridge for up to 5 days, or freeze for up to 3 months (slice before freezing for easy thawing).

Share it with us!



@foodfromh0me



*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*