



Go for 2&5<sup>®</sup>  
FRUIT VEG

# Get the edge with fruit & veg

It's recommended that adults eat at least two serves of fruit & five serves of veg every day. Eating more fruit and vegetables helps to prevent overweight and obesity, heart disease, some forms of cancer and can also improve control of diabetes.

## Carrot, Zucchini and Date Cake

20 minutes plus 4 hours to stand,  
preparation + 1 1-¼ hours cooking  
7 serves of vegies in this recipe

- 2 cups dates, pitted and chopped
- ½ cup bran cereal (e.g. Allbran<sup>®</sup>)
- ½ cup untoasted muesli
- 1 ½ cups low-fat milk
- ½ cup brown sugar
- 1 teaspoon cinnamon
- ½ cup low-fat natural yoghurt
- 1 egg, beaten
- 1 cup zucchini, grated
- 1 cup carrot, grated
- 2 cups self-raising flour
- 1 cup wholemeal self-raising flour

Combine dates, bran cereal, muesli, milk, sugar and cinnamon and allow to stand for 4 hours or overnight. Preheat oven to 180 °C. Line a 23cm square cake tin. Add yoghurt, egg, zucchini and carrot to the date mixture and mix well. Add flour and combine. Pour mixture into tin and bake for 1-1 ¼ hours until firm and browned. Cool on a wire rack. Serves 12.



Sample this recipe at the Go for 2&5<sup>®</sup> Taste Test

**Belconnen Fresh Food Markets**

Thursday, 21 May 2009, 12 noon - 2.00pm



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