



VEGETABLES IN YOUR BAKED GOODS! **(AKA "THERE'S A ZUCCHINI IN YOUR MUFFIN!")**

Including vegetables in your baked goods is a great way to:

- Increase your daily intake of fresh, local vegetables;
- Increase the vitamin, mineral and antioxidant contents of your baked goods; and,
- Reduce the fat content of your baked goods, while also increasing the moistness.

Below are just a few recipe ideas, although you will find many more in cookbooks and recipe websites. Happy baking!

CHOCOLATE-ZUCCHINI MUFFINS

24 Servings

INGREDIENTS

3 eggs	1 teaspoon baking soda
2 cups white sugar	1/2 teaspoon baking powder
1 cup melted butter	1 teaspoon salt
1/3 cup unsweetened cocoa powder	1/4 teaspoon ground cinnamon
1 1/2 teaspoons vanilla extract	1/4 teaspoon ground nutmeg
2 cups grated zucchini	1/4 teaspoon ground cloves
3 cups all-purpose flour	1 cup chocolate chips

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease or line two 12 cup muffin tins with paper liners.
2. In a large bowl beat the eggs. Beat in the sugar and melted butter. Add the cocoa, vanilla, zucchini and chocolate chips and stir well.
3. Stir in the flour, baking soda, baking powder, salt, cinnamon, nutmeg and cloves. Mix until just moist.
4. Pour batter into prepared muffin tins filling 2/3 of the way full. Bake at 350 degrees F (175 degrees C) for 20 to 25 minutes. Remove from pan and let cool on a wire rack. Store loosely covered.

Chocolate Beet Cake

Source: Straight From The Farm, <http://straightfromthefarm.net>

1 cup margarine, softened, divided
1 1/2 cup packed dark brown sugar
3 eggs at room temp
1 1/2 oz. dark chocolate
5 medium beets/2 cups pureed beets
1 teaspoon vanilla extract
2 cups all-purpose flour
2 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
confectioners' sugar for dusting

- To make beet puree, trim stems and roots off beets and quarter them. Place in heavy sauce pan filled with water. Bring to a boil and reduce to a simmer for 50 mins or until the beets are tender. Drain off remaining liquid and rinse beets in cold water as they'll be too hot to handle otherwise. Slide skins off and place beets in blender. Pulse until a smooth puree forms. Let cool slightly before using in cake. Puree can be made several days in advance.
- Preheat oven to 375 degrees F.
- In a mixing bowl, cream 3/4 cup butter and brown sugar. Add eggs; mix well.
- Melt chocolate with remaining butter; stir until smooth. Cool slightly.
- Blend chocolate mixture, beets and vanilla into the creamed mixture (mixture will appear separated). Combine flour, baking soda, salt, cinnamon and nutmeg; add to the creamed mixture and mix well.
- Pour into a greased and floured 10-in. spring form pan. Bake at 375 degrees F for 50-55 minutes or until a toothpick inserted near the center comes out clean. Cool in pan 15 minutes before removing to a wire rack. Cool completely before dusting with confectioners' sugar.

Honey Carrot Cake

Servings: 12

1/2 cup butter or margarine, softened
1 cup liquid honey
2 eggs
2 cups finely grated carrots
1/2 cup golden raisins
1/3 cup chopped nuts (optional)
1/3 cup orange juice
2 tsp. vanilla
1 cup all-purpose flour
1 cup whole wheat flour
2 tsp. baking powder
1 1/2 tsp. ground cinnamon
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. ground ginger
1/4 tsp. ground nutmeg

Cream butter in large bowl. Gradually beat in honey until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine carrots, raisins, nuts, orange juice, and vanilla in a medium bowl. Combine dry ingredients in separate large bowl. Add dry ingredients to creamed mixture alternating with carrot mixture, beginning and ending with dry ingredients. Pour batter into greased 13x9x2 inch pan. Bake at 350 degrees for 35-45 minutes or until wooden pick inserted near center comes out clean.