

RECIPE

Hero Vegetable: Broccoli

Broccoli Breakfast Cake

Ingredients:

1 medium head broccoli, cut into florets
2 eggs
2/3 cup raw sugar
zest of 1 orange plus juice
1/3 cups all-purpose flour
1/3 cup canola oil
1/2 teaspoon baking powder
1/2 teaspoon baking soda

For Topping:

1/4 cup flour

1/4 cup oats

1/4 cup raw sugar

2 Tbs butter, softened

½ tsp cinnamon

½ cup nuts of your choosing, chopped into pieces

Directions:

Preheat your oven to 350F. Grease and flour an 8-inch springform pan. Set aside.

Place the broccoli and orange juice in a food processor or blender and puree until smooth. In a large bowl, combine the flour, raw sugar, baking powder, and baking soda. Add in the broccoli puree, eggs, and oil. Mix until just blended. Do not over mix. Pour the batter into your prepared pan.

In a small bowl combine the topping ingredients; flour, oats, raw sugar, cinnamon, and chopped nuts until well mixed. Add butter by pinching it into the mixture with your fingers until you get a crumbly texture. Sprinkle the topping over the cake batter and bake for about 35 minutes or until toothpick inserted comes out clean. Let the cake cool in the pan for 10 minutes then transfer onto a plate and let cool completely.