

Zucchini Soups

The Raw version: serves 2

Put everything in your blender and blend on high until it is creamy:

- 1 cup diced zucchini
- 1 garlic clove minced
- ½ small avocado (scooped out of the skin)
- 3-6 fresh basil leaves
- 1 cup raw almond milk (or water)
- Pinch of sea salt

Garnish with some diced zucchini and serve cold or let it blend for 2-4 minutes until it starts to steam and serve it warm but still raw.



The raw version above

The Cooked Version: serves 4

In a saucepan sauté the following until tender:

- 2 tbsp coconut oil
- ¼ cup of each: diced onion and thinly sliced celery
- 1-2 cloves of garlic minced

Add the following and cook on medium for 20-25 minutes

- 1-2 cup water (enough to cover everything)
- 2-3 cups diced zucchini
- 1 tsp sea salt
- 1 tsp dried basil (or 4-6 fresh basil leaves)

Once cooked turn heat down and add:

- 2-3 tbsp flour (stir this until blended)
- 1 ½ cups coconut milk

Let simmer until it thickens stirring so it does not burn

Put it all in the blender and blend slightly until the creaminess you want

Garnish with some pieces of thinly sliced spiral zucchini and serve hot



Zucchini is a summer squash that comes in dark green, orange, bright yellow as well as variegated. It can grow to be nearly a meter in length. They contain folate, potassium, manganese and vitamin A. the bright yellow flower is edible and can be used as a garnish. Zucchini can also be used to make a soft moist cake or muffins see recipe below.

← The cooked version

Zucchini Cake or Muffins

Step 1: Preheat your oven to 350F and either line your muffin tins or pan with olive oil or parchment paper cups
Makes 1 cake in a 9" round pan or 12 small muffins

Step 2: Put the following dry ingredients into a large bowl:

- ¼ cup whole wheat or spelt flour
- ¼ cup oatmeal flour
- 1 cup oatmeal
- ¼ cup shredded coconut
- ½ tsp sea salt
- ½ tsp baking soda
- 1 ½ tsp baking powder
- ½ tsp of each: nutmeg, ginger & cinnamon
- 2 tbsp coconut sugar
- ½ cup chopped nuts (I used pecans)
- ¼ cup pumpkin seeds
- ½ cup raisins

Stir until combined then put aside

Step 3: Put the following into a smaller bowl and mix well with a whisk

- ⅔ cup coconut milk
- ¼ cup olive oil
- ½ cup apple sauce
- 1 cup shredded zucchini

Step 4: add these wet ingredients to your big bowl and combine

Step 5: put this batter into the muffin tins or round pan and cook for 30-35 minutes in a 350F oven

Let cool before serving

Serve topped with the **Pine Nut Cream** (see recipe below)

Keeps well in the freezer for 2 weeks

Pine Nut Cream: make ⅔ cup

In a glass jar **soak** for 2-6 hours

- ½ cup pine nuts
- 4 dates
- ½ cup water (to cover all)

Strain the water then put the nuts and pitted dates in your mini blender with

- ¼ - ½ cup water
- 2 tsp coconut syrup or maple syrup

Blend until creamy – add more water if needed.

This will keep for 3-4 days in the fridge or you can freeze it for 2-3 weeks.

