

You can use lupin flour in many baked goods by replacing 20–50 per cent of the wheat flour with lupin flour. This not only significantly increases the protein and fibre content of the finished product, but also reduces the GI.

### Zucchini loaf

Preparation time: 15 minutes

Cooking time: 45–50 minutes

Serves 10–12

Oil spray, for greasing

110 g (3¾ oz/¾ cup) spelt flour

75 g (2¾ oz/¾ cup) lupin flour

2 teaspoons baking powder

1 teaspoon ground cinnamon

¼ teaspoon grated nutmeg

250 g (9 oz/about 1½ cups) grated zucchini (see tips)

110 g (3¾ oz/½ cup) caster (superfine) sugar

85 g (3 oz/½ cup) seedless raisins, chopped

55 g (2 oz/⅓ cup) sweetened dried cranberries

50 g (1¾ oz/½ cup) pecan halves, roughly chopped

2 teaspoons finely grated lemon zest

2 eggs

125 ml (4 fl oz/½ cup) macadamia oil

1 teaspoon pure vanilla extract

1 Preheat the oven to 180°C (350°F/Gas 4). Grease a 9 cm x 20 cm (3½ in x 8 in) loaf tin with oil and line the base with baking paper, allowing the paper to hang over the 2 long sides to form handles.

2 Sift the spelt flour, lupin flour, baking powder, cinnamon and nutmeg into a large bowl. Stir in the zucchini, sugar, raisins, cranberries, pecans and lemon zest.

3 Whisk the eggs, oil and vanilla together in a small bowl. Add to the dry ingredients and stir to combine. Spoon into prepared tin and smooth surface with the back of a spoon.

4 Bake for 45–50 minutes or until the loaf is golden and a skewer inserted into the centre comes out clean. If it's browning too quickly, cover the top with foil. Set aside to cool for 5 minutes. Remove from tin and set aside on a wire rack to cool completely.

Tips: You'll need about 2 large zucchini for this recipe.

Note: People with a peanut allergy may also react to lupins.