

## Mary Ruth's Zucchini Bread

3 eggs  
.5 pint (300 ml) vegetable or sunflower oil  
16 oz (450g) granulated sugar  
1 tsp salt  
3 tsp vanilla extract (not essence)  
.25 tsp baking powder  
2 tsp baking soda  
3 tsp ground cinnamon  
20 oz (560g) flour (not self rising)  
16 oz (450g) zucchini, grated, with no liquid

### Optional:

8 oz (225g) walnuts or hazelnuts, broken or chopped  
raisins or sultanas to taste

Throw it all together in a large bowl. Stir well. Will make 2 5x8 loaf pans and (i've just learned) release like a dream from tin pans if you use the stick-free lining paper. Bake at 185c for 1 hour. Cool in the pan until you can handle them easily and ease them out of the pans to finish cooling - or, as I did last week - get excited by the lining paper, lift them out onto cake racks, and gently slide them from the lining paper.

They freeze very well, wrapped in foil.