

STICKY SQUASH CAKE

Makes: 1 large loaf - Time: 1 hour 25 minutes

CONTAINS

Vitamins A, B group, C, and E, fiber, carotenoids, copper, manganese, selenium, calcium, protein, iron magnesium

INGREDIENTS

1/2 cup unsalted butter, plus more for greasing • Scant 1/2 cup molasses
Scant 1/2 cup corn syrup • 1/2 cup packed muscovado sugar
1/4 (5 ounces) **acorn squash**, roasted and puréed (below)
2 teaspoons fresh ginger, finely grated • 1 large egg, lightly beaten
1 1/3 cups self-rising flour • 1/4 cup **mixed seeds** such as flax, sesame, pumpkin and sunflower,
ground to a coarse powder
1 teaspoon baking soda • 1 teaspoon ground ginger
1 teaspoon ground cinnamon • 1 teaspoon allspice
3/4 cup plus 2 tablespoons **soy** or dairy milk

POTENTIAL BENEFITS

protects against *heart disease, cancer, and osteoporosis* • lowers *cholesterol* • regulates *blood sugar* • supports *vascular, respiratory, and bone health* • eases *rheumatoid arthritis symptoms* • *anti-inflammatory*

Preheat the oven to 325°F. Butter a large loaf pan and line the bottom with parchment paper. Place the butter, molasses, corn syrup, and sugar in a pan over low heat until the butter has melted. Stir in the squash purée and fresh ginger. Set aside to cool for 5 minutes, then stir in the egg. In a mixing bowl, whisk together the flour, seeds, baking soda, and spices. Stir the molasses mixture into the flour mixture, then gradually add the milk to make a thin batter. Pour into the pan and bake for 50 minutes, or until an inserted skewer comes out clean. Leave for 10 minutes, then turn out onto a wire rack to cool.

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