tm Zen Preparation *Utensils*



Ingredients



Zen Recipe Process

Step 1

1. Put 1 + 1/2 cups flour into sifter











2. Sift into mixing bowl



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1. Put 1/2 cup

cocoa

into the **mixing bowl**













Step 3

1. Put 1/2 tsp

xanthan gum

into mixing bowl







1/2 TEASPOON

XANTHAN GUM

MIXING BOWL













3. Put **1 tsp**

baking soda

into **mixing bowl**



TEASPOON



BAKING SODA













1. Put 1/2 and 1/4 cup

sugar

into **mixing bowl**











2. Put 1/2 cup

chocolate chips

into the mixing bowl









1. Take the **spatula**

and \boldsymbol{mix} the ingredients in the \boldsymbol{mixing} \boldsymbol{bowl}







Step 6

1. Take **1 egg**

break it into a new ${f mixing\ bowl\ REPEAT\ WITH\ BOTH\ EGGS}$

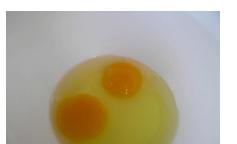




EGGS







2. Take a whisk

and whisk the eggs



WHISK



Step 7

1. Pour 1 tsp

vanilla extract

into the **mixing bowl** with the **eggs**



TEASPOON



VANILLA EXTRACT





Step 8

1. Pour 1/2 cup

light olive oil

into the mixing bowl with the eggs and vanilla









Step 9

1. Pour 1/2 & 1/4 cup

rice or almond milk into the mixing bowl with eggs, vanilla & oil











Step 10

1. Pour the egg mixture onto the flour mixture and use the spatula to stir together







2. Use a **spatula** and **stir** the mixture together





Step 11

1. Use 1/2 tsp light olive oil to

rub inside the loaf pan







LOAF PAN



2. Pour the cake mixture

into the

loaf pan





LOAF PAN



1. Put a piece of aluminium foil inside the slow cooker



2. Put the loaf pan into the slow cooker on top of the aluminium foil



Step 13

1. Turn the timer to High for 2 hours ! use an oven mitt



1. Insert a fork after 2:00 hours. It will come clean when cooked USE an oven mitt

