

tm Zen Preparation
Utensils



TEASPOON



1/2 TEASPOON



TABLESPOON



CUP



1/2 CUP



1/4 CUP



**MIXING
BOWL**



SIFTER



WHISK



SPATULA



**LIQUID
MEASURING CUP**



LOAF PAN

Ingredients



FLOUR



COCOA



XANTHAN GUM



SALT



**BAKING
SODA**



**BAKING
POWDER**



SUGAR



**CHOCOLATE
CHIPS**



EGGS



**VANILLA
EXTRACT**



RICE MILK



**OLIVE
OIL**

Zen Recipe Process

Step 1

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



2. Sift into mixing bowl



Step 2

1. Put 1/2 cup

cocoa

into the mixing bowl



1/2 CUP



COCOA



MIXING
BOWL



Step 3

1. Put 1/2 tsp

xanthan gum

into mixing bowl



1/2 TEASPOON



XANTHAN GUM



MIXING
BOWL



2. Put 1/2 tsp

salt

into mixing bowl



1/2 TEASPOON



SALT



MIXING
BOWL



3. Put 1 tsp

baking soda

into mixing bowl



TEASPOON



BAKING
SODA



MIXING
BOWL



4. Put 1/2 tsp

baking powder

into mixing bowl



1/2 TEASPOON



BAKING
POWDER



MIXING
BOWL



Step 4

1. Put $\frac{1}{2}$ and $\frac{1}{4}$ cup sugar into mixing bowl



1/2 CUP



1/4 CUP



SUGAR



MIXING
BOWL



2. Put $\frac{1}{2}$ cup chocolate chips into the mixing bowl



1/2 CUP



CHOCOLATE
CHIPS



MIXING
BOWL



Step 5

1. Take the **spatula** and **mix** the ingredients in the **mixing bowl**



SPATULA



MIXING
BOWL



Step 6

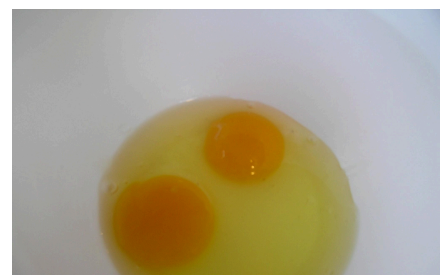
1. Take **1 egg** break it into a new **mixing bowl** **REPEAT** WITH BOTH EGGS



EGGS



MIXING
BOWL



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

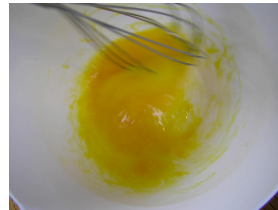
1. Pour **1/2 cup** **light olive oil** into the **mixing bowl** with the **eggs** and **vanilla**



1/2 CUP



OLIVE
OIL



Step 9

1. Pour **1/2 & 1/4 cup** **rice or almond milk** into the **mixing bowl** with **eggs, vanilla & oil**



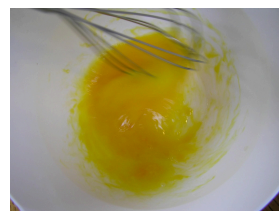
1/2 CUP



1/4 CUP



RICE MILK





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



SPATULA



Step 11

1. Use 1/2 tsp light **olive oil** to rub inside the **loaf pan**



1/2 TEASPOON



OLIVE
OIL



LOAF PAN



2. Pour the **cake mixture** into the **loaf pan**



LOAF PAN



Step 12

1. Put a piece of **aluminium foil** inside the **slow cooker**
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2. Put the **loaf pan** into the **slow cooker** on top of the **aluminium foil**
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Step 13

1. Turn the timer to **High** for **2 hours** ! **use an oven mitt**
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Step 14

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

