

ZUCCHINI BREAD

INGREDIENTS

- Non-stick cooking spray
- 1/3 C** Walnuts
- 1** Zucchini (large)
- 1 1/2** Whole wheat pastry flour **OR** gluten-free flour of your choice
- 1 t** Cinnamon
- 1/2 t** Baking powder
- 1/2 t** Baking soda
- 1/2 t** Kosher salt
- 3/4 C** Coconut Sugar
- 1/3 C** Applesauce **OR** healthy vegetable oil
- 3 T** Apple Butter (no-sugar-added)
- 1 1/4 t** Vanilla
- 1/2 C** Egg substitute **OR** 2 eggs



DIRECTIONS

- 1 Preheat the oven to 350 degrees F
- 2 Generously coat a 9 x 5 inch loaf pan with the non-stick cooking spray
- 3 Spread the walnuts on a baking sheet & toast in the oven until lightly golden (7 minutes)
- 4 Cool the walnuts & then chop them roughly
- 5 Coarsely grate the zucchini into a bowl & squeeze out the excess liquid
- 6 This should give you 1 1/2 C zucchini
- 7 Whisk together the flour, cinnamon, baking powder, baking soda & salt in a medium bowl
- 8 Place the sugar, oil, apple butter, vanilla & egg substitute in a large bowl
- 9 Blend the mix using an electric mixer on medium speed
- 10 Add the flour mix & beat on low speed until just combined & then on medium speed (30 seconds)
- 11 Stir in the zucchini & nuts until evenly combined
- 12 Pour the batter into the loaf pan.
- 13 Bake until a toothpick inserted in the center comes out clean, 50 - 55 minutes
- 14 Cool in the pan on a wire rack for 20 minutes
- 15 Remove the bread from the pan & allow it to cool

