

# Zucchini Loaves

Makes 2 Loaves

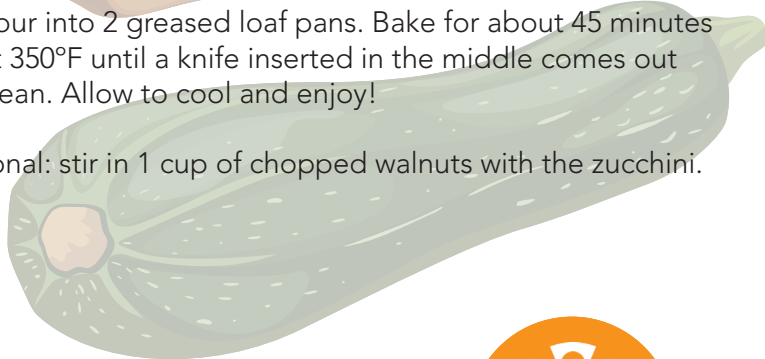
## Ingredients

- 1 1/2 cups whole wheat flour
- 1 1/2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder (full)
- 1 teaspoon baking soda (full)
- 1 tablespoon cinnamon
- 1/2 teaspoon nutmeg
- 3 eggs
- 1/2 cup oil
- 1/2 cup applesauce or equivalent
- 1 cup sugar
- 3 teaspoons of vanilla
- 2 cups grated zucchini (if frozen, drain the liquid)

## Directions

1. Blend flour, salt, baking powder, baking soda, cinnamon and nutmeg in a bowl.
2. In a separate large bowl, combine eggs, oil, applesauce, sugar, vanilla. Stir well.
3. Add dry ingredients to the liquid bowl. Stir just until combined. Stir in zucchini.
4. Pour into 2 greased loaf pans. Bake for about 45 minutes at 350°F until a knife inserted in the middle comes out clean. Allow to cool and enjoy!

Optional: stir in 1 cup of chopped walnuts with the zucchini.



# Are You In?



Find Out More:

## Put More Produce on Your Plate

- **Dip them** – Who doesn't want to dip their veggies in a home-made ranch dressing or a tasty hummus?
- **Pair vegetables with fruit** – Try adding berries to a salad, or add mango or pineapple to salsa.
- **Make veggie ribbons or 'spiralize'** – Peel the skin from a zucchini or cucumber to make 'ribbons' for a salad. Or, spiralize vegetables (like beets, carrots, zucchini) to substitute for noodles or add to rice bowls.



## Did You Know?

### A-peel-ing Benefits

Zucchini is rich in multiple antioxidants. Keep the skin on because this is where the highest levels of these healthy compounds are found.