

Apple Zucchini Bread

Serving Size: 12

Ingredients:

- 1 cup whole wheat pastry flour (you can also use whole wheat flour for a denser bread)
- 3/4 cup all purpose flour
- 2 t baking soda
- 1 t cinnamon
- 1/2 t freshly ground nutmeg
- 1/2 t ground cloves
- 1/2 t salt
- 2 large eggs, beaten
- 1/4 c canola oil
- 1/4 c water
- 1 scant cup sugar
- 1 1/4 c shredded zucchini (drained)
- 1 apple, peeled & thinly sliced
- 3/4 cup toasted walnuts (optional)



Directions:

- Preheat oven to 350° and spray a 9" loaf-pan with cooking spray
- Grate the zucchini using a box grater over several paper towels. To drain, simply cover the shredded zucchini with additional paper towels (or wrap in existing towels), and press to remove excess water.
- In a medium bowl, combine the flours, baking soda, salt, and spices
- In a second bowl, combine the eggs, canola oil, water, sugar, and zucchini
- Add the dry ingredients to the wet ingredients. Mix gently but thoroughly, adding the apples and walnuts (if using), while incorporating the wet into the dry ingredients
- Using a spatula, scoop batter into prepared loaf pan.
- Bake 55-60 minutes, until a cake tester comes out clean.

Note: For muffins, spread the batter evenly among 12 muffin cups. Reduce cooking time to ~35 minutes

*Gluten-Free Variation:

- Instead of 1 cup whole wheat flour, substitute your favorite All-Purpose gluten-free baking mix, such as Arrowhead Mills, Bob's Red Mill, or The Blue Chip Group's Featherlite Rice Flour All Purpose Bake Mix
- Instead of using 3/4 cup all purpose flour, substitute 1/4 c each brown rice flour, corn flour, and flax seed meal
- For pumpkin bread, substitute 1 cup canned pumpkin for zucchini

Nutrition Facts:

Amount per serving · Kcals: 214 · Carb: 29g · Fat: 10.5g · Protein: 4.1g ·