

ZUCCHINI BREAD

Makes 1 loaf



INGREDIENTS:

- 2 1/2 cups whole wheat flour
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 teaspoon salt
- 1 tablespoon ground cinnamon
- 2 cups grated zucchini
- 1 cup sugar
- 3 large eggs
- 1/2 cup applesauce
- 1/2 cup vegetable oil
- 1 tablespoon vanilla extract
- Chopped walnuts, about 1 cup (optional)

INSTRUCTIONS:

Pre-heat oven to 350 degrees F. Butter and flour loaf pan to prevent sticking, remove excess flour.

Whisk dry ingredients (first five ingredients) in a large bowl and set aside. In a mixer, whisk eggs on high speed until they are light and foamy, about 5 minutes. Gradually add in sugar while whisking on medium high speed. Continue mixing for about 4 minutes, or until white and foamy. On medium speed, add vegetable oil, applesauce and vanilla.

On slow speed add dry ingredients, about 1/3 at a time. Slowly mix just until incorporated. Fold in zucchini and optional walnuts. Add mix to loaf pan, it should be about 2/3 full. Bake for 75 minutes, then test for doneness. If top is browning, but loaf is not finished, loosely cover with tin foil and bake for an additional 15 minutes. Remove from oven and let sit 10 minutes before removing from pan. Enjoy!



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