

ZUCCHINI BREAD

Number of portions: 10 slices

Portion size: 1 slice (1/10)

INGREDIENTS

- 1 cup whole wheat flour
- ½ cup all purpose flour
- ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon (optional)
- ½ cup raisins, dry cranberries or chocolate chips
- ½ cup vegetable or olive oil
- 2 eggs, beaten
- 1 tsp vanilla (optional)
- ½ cup sugar
- 1 ½ to 2 cups zucchini, grated



METHOD

1. Preheat the oven at 350°F.
2. In a bowl, mix the flour, baking powder, baking soda, salt, cinnamon and raisins.
3. In an second bowl, mix the oil, eggs, vanilla and sugar. Add the grated zucchini.
4. Pour the liquid ingredients over the dry ingredients. Mix well.
5. Pour the batter in a loaf pan.
6. Bake in the middle of the oven for 55 minutes.

TIPS

- To reduce the fat, half of the oil could be replaced by plain yogurt.
- To serve as a side dish, the sugar could be reduced by half.
- Yellow zucchinis could also be used.

Adapted from *A la Distasio*