

Zucchini Bread

Makes 12 slices

Ingredients:

Nonstick cooking spray
1½ cups whole-wheat flour
1½ cups light brown sugar
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon cinnamon
¼ teaspoon grated nutmeg
¼ teaspoon ground cloves
¼ teaspoon salt
1 whole egg
1 egg white
3 tablespoons canola oil
1¼ cups grated zucchini, tightly packed
1 tablespoon vanilla extract
¾ cup drained, canned, crushed pineapple



Cooking Instructions:

1. Preheat oven to 350 degrees F.
2. Spray a 9" loaf pan with non-stick cooking spray.
3. Sift the flour, sugar, baking powder, baking soda, cinnamon, nutmeg, cloves, and salt together. Set aside.
4. In a large mixing bowl, combine the egg, egg white, oil, zucchini, vanilla, and pineapple. Mix well.
5. Add the flour mixture to the zucchini mixture and stir gently just until combined. Do not over mix. Pout the batter into the prepared pan. Bake until the bread is golden brown and set in the center, about 50 to 60 minutes.

Nutrition Facts:

Serving size 1/12 of loaf
Calories 202
Protein 3g
Total Carbohydrate 40g
Dietary fiber 2g
Soluble fiber 0g

Insoluble fiber 2g
Sugar 28g
Total fat 4g
Saturated fat 0g
Monounsaturated fat 2g