

Enlightened Zucchini Bread

Hands-on - 30 min. Oven - 45-55 min.

1 or 2 loaves, 12 slices per loaf

Toss out that old recipe that called for 1 cup of oil, because now you have a much healthier alternative, without sacrificing taste! My thanks to Ann Jones, MS, RD and her daughter for this great find.

Preheat oven at 350°.

Coat 1 or 2 loaf pans with cooking spray.

1 loaf 2 loaves

1½ cup	3 cups	whole-wheat pastry flour*
1/2 tsp	1 tsp	baking soda
1/4 tsp	1/2 tsp	baking powder
1 tsp	2 tsp	ground cinnamon
1/4 tsp	1/2 tsp	each, ground cloves and nutmeg

Mix together in a small or medium bowl.

3/4 cup	1½ cups	sugar
2	4	egg whites
1/4 cup	1/2 cup	skim milk or nonfat plain yogurt
1 tsp	2 tsp	vanilla extract
1 T	2 T	lemon juice
1/4 tsp	1/2 tsp	lemon extract

Beat together in a large bowl.

1 cup	2 cups	shredded zucchini, unpeeled
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Stir into wet ingredients. Stir in the dry ingredients just until combined.

1/2 cup	1 cup	nuts
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Stir in nuts.

Divide batter evenly between pan(s). Bake 45 to 55 minutes or until a toothpick inserted in center comes out clean.

**To learn more about whole-wheat pastry flour see page 340. You can substitute 3/4 cup whole-wheat flour and 3/4 cup all-purpose flour, or for the large recipe, 1½ cup whole-wheat flour and 1½ cup all-purpose flour.*

Nutrition information for 1 slice (1/12 of loaf)

Calories	140	Fat	3 g	Fiber	2.5 g	Sodium	73 mg	Total Carbohydrate	25 g
Calories from Fat	22%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	3.5 g	Sugars	13 g