



Elliott Evans Nutrition, LLC
Prevent and Protect
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EATING WELL ZUCCHINI BREAD
EATINGWELL.COM – JULY/AUGUST 2011
Makes 1 loaf – 12 slices

- ¾ cup low-fat milk**
- 2 large eggs**
- ¾ cup sugar**
- 1/3 cup canola oil**
- 1 teaspoon vanilla extract**
- 2 cups shredded zucchini**
- 2 cups white whole-wheat flour**
- 2 teaspoons baking powder**
- 1 teaspoon ground cinnamon**
- ½ teaspoon salt**
- ½ cup of chocolate chips; or walnuts, or raisins (optional)**

- **Preheat oven to 350. Coat a 9-by-5-inch loaf pan with cooking spray.**
- **Whisk milk, eggs, sugar, oil and vanilla in a medium bowl. Stir in zucchini. Combine flour, baking powder, cinnamon and salt in a large bowl; stir in the wet ingredients and chocolate chips/nuts/raisins (if using) until just combined. Transfer the batter to the prepared pan.**
- **Bake until golden brown and a wooden skewer inserted in the center comes out clean, 50 minutes to an hour.**
- **Cool in the pan for 10 minutes, then turn out onto a wire rack. Let cool for at least 1 hour before slicing.**