

Zucchini Bread

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Serving size: 1 slice or 1 muffin

Ingredients	Quantity	Measure
All-purpose flour	3	cups
Baking powder	1	tsp.
Baking soda	1	tsp.
Salt	1	tsp.
Cinnamon	4	tsp.
Bananas, mashed	2	cups
Applesauce, unsweetened	1	cup
Maple syrup (or agave)	½	cup
Vanilla extract	2	tsp.
Zucchini, grated	2	cup
Walnuts (optional)	2	cups

Preparation

1. Preheat oven to 350 degrees.
2. In a large bowl, combine flour, baking powder, baking soda, salt, and cinnamon. Set aside.
3. In a medium bowl, combine mashed bananas, applesauce, maple syrup, and vanilla extract. Mix well.
4. Fold in grated zucchini and optional walnuts.
5. Pour into bread pans or muffin tins. Bake for 35-40 minutes or until top is brown and toothpick inserted comes out clean.

Serving Information/Notes

Nutrition Information

*From USDA Nutrient Database

Calories: 154 Total Fat: 6.6g Saturated Fat: 0.7g Monounsaturated Fat: 0.9g Polyunsaturated Fat: 4.7g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 20g Fiber: 2.3g Total Sugar: 3.7g Protein: 3.5g Sodium:
166.3mg Vitamin A: 2µg Vitamin C: 5.8mg Calcium: 53mg Iron: 0.72mg Folate: 19µg

