



Zucchini Pumpkin Bread

Servings 10 | Prep time 15 mins. | Total time 1 hour, 15 mins.

Equipment: Greater, Loaf pan, Large bowl, Medium bowl

Utensils: Measuring spoons and cups, Mixing spoon, Whisk or fork

Ingredients

Non-stick spray

2 eggs

1/2 brown sugar

7 ounces of pumpkin puree (1/2 of a 15 ounce can)

1/4 cup unsweetened applesauce

1/2tablespoon vanilla extract (regular or imitation)

1 1/2 cups flour

1/2 teaspoon baking soda

1/2teaspoon baking powder

1 teaspoon ground cinnamon

1 cup shredded zucchini (~1 large zucchini)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Preheat oven to 350 degrees.
3. Spray a loaf pan with non-stick spray.
4. Combine eggs, sugar, pumpkin, apple sauce, and vanilla extract in a large bowl and use a whisk or fork to combine.
5. In a medium bowl mix together flour, baking soda, baking powder, and cinnamon.
6. Add dry ingredients to the pumpkin mixture and stir to combine.
7. Gently stir in zucchini to pumpkin mixture, being careful not to over-mix.
8. Bake for 55-60 minutes or until a toothpick inserted into the middle of the loaf comes out clean.

Nutritional Information:

Calories 140 Total Fat 1.5g Sodium 105mg Total Carbs 28g Protein 4g