



# Zucchini Pumpkin Bread

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

**Equipment:** Grater, Loaf pan, Large bowl, Medium bowl

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

## Ingredients

Non-stick spray

2 eggs

1/2 cup brown sugar

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

1/4 cup unsweetened applesauce

1/2 tablespoon vanilla extract (regular or imitation)

1 1/2 cups flour

1/2 teaspoon baking soda

1/2 teaspoon 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

This institution is an equal opportunity provider. <http://www.section508.gov/content/learn>  
This material was funded by USDA's Supplemental Nutrition Assistance Program —SNAP.