



# 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

1/2 15 oz can pumpkin

1/4 cup apple sauce

1/2 tablespoon vanilla extract (regular or imitation)

1 1/2 cups all-purpose 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