



Zucchini Pumpkin Bread

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

Equipment:

Grater
Loaf pan
Large bowl
Medium bowl

Utensils:

Mixing spoon
Whisk or fork
Measuring cups and spoons

Ingredients

Non-stick spray
2 eggs
1/2 cup brown sugar
1/2 15 ounce can pumpkin puree
1/4 cup unsweetened applesauce
1/2 tablespoon (regular of imitation) vanilla extract
1 1/2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon ground cinnamon
1 cup zucchini (about 1 large zucchini), shredded

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Preheat oven to 350 degrees.
3. Spray a loaf pan with non-stick spray.
4. Combine eggs, sugar, pumpkin, applesauce, and vanilla extract in a large bowl. 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. 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