

ZUCCHINI BREAD

12 servings

- * 3/4 cup all-purpose flour
- * 3/4 cup whole wheat flour
- * 1/2 teaspoon baking soda
- * 1/4 teaspoon baking powder
- * 1/4 teaspoon salt
- * 1 teaspoon cinnamon
- * 1/4 teaspoon nutmeg
- * 1/2 cup brown sugar
- * 1 cup grated zucchini
- * 1/4 cup egg substitute
- * 1/4 cup unsweetened applesauce
- * 1/4 teaspoon chopped lemon zest
- * 1/2 cup chopped walnuts

Preheat oven to 350 degrees. Grease an 8 by 4 by 2-inch loaf pan. In a mixing bowl combine flours, baking soda, baking powder, salt, cinnamon and nutmeg. In another bowl combine sugar, zucchini, egg, applesauce and lemon zest and mix well. Add flour mixture and stir until just combined. Stir in walnuts. Pour batter into prepared pan. Bake for 55 to 60 minutes. Cool for 10 minutes and remove from pan. For best results, wrap and store overnight before cutting.

Nutrition: Per serving: 130 calories, 4g fat (0 gram saturated fat), 108mg sodium, 22g carbs (2g fiber, 9g sugar), 3g protein