

# Zucchini Bread

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 2 (2 lb. loaves); 24 (2x2 piece) servings

Ingredients	Quantity	Measure
All-purpose Flour	2 ½	cups
Baking Powder	1	tsp.
Baking Soda	1 ½	tsp.
Salt	1	tsp.
Cinnamon	1	tsp.
Bananas, mashed	8	oz.
Sugar	1 ½	cups
Vegetable Oil	1	cup
Vanilla	1	tsp.
Zucchini, shredded	11	oz.
Pecans or walnuts (optional)	6	oz.

## Preparation

1. In a large bowl, combine flour, baking powder, baking soda, salt and cinnamon. Stir together and set aside.
2. In a medium bowl, combine mashed bananas, sugar, oil, and vanilla. Mix well.
3. Combine flour mixture and banana mixture. Mix only until combined.
4. Fold in zucchini and nuts (if using).
5. Bake at 350 degrees for 35-40 minutes until top is brown and a toothpick inserted comes out clean. (If using a convection oven bake at 325 degrees).

## Serving Suggestion

(1) 2x2 piece

## Nutrition Information \*From USDA Nutrient Database

### Without Pecans/Walnuts

Calories: 199 Total Fat: 10g Saturated Fat: 0.5g Carbohydrate: 28g Protein: 1.5g  
Sodium: 139mg Vitamin A: 2mg Vitamin C: 3mg Calcium: 17mg Iron: 0.5mg Folic Acid: 41mg

### With Pecans/Walnuts

Calories: 229 Total Fat: 13g Saturated Fat: 1g Carbohydrate: 29g Protein: 2g Sodium: 139mg Vitamin A:  
2mg Vitamin C: 3mg Calcium: 20mg Iron: 1mg Folic Acid: 42mg

