

ZUCCHINI BREAKFAST BREAD

Makes 14 servings (1 slice)

Original recipe by Karina Jargui (Los Angeles)

Ingredients:

- ◆ 3 large eggs, beaten
- ◆ 1¾ cups sugar
- ◆ ½ cup vegetable oil
- ◆ ½ cup cinnamon applesauce
- ◆ 1 Tbsp. vanilla extract
- ◆ 2 cups shredded or grated zucchini
- ◆ 3 cups self-rising flour
- ◆ ½ cup chopped walnuts or pecans

How to make:

Adults: Preheat the oven to 350°F.

Kids: Spray a non-stick 9-inch long x 5-inch wide loaf pan with cooking spray.

Adults: In a large bowl, whisk together the beaten eggs, sugar, oil, applesauce and vanilla.

Kids: Dump in the zucchini. Stir with a large spoon. Sprinkle in flour. Stir well.

Kids and Adults: Pour batter in the loaf pan. Sprinkle nuts over the batter. Bake for 1 hour, or until a toothpick comes out clean. Cool for 15 minutes on a cooling rack.

Adults: Loosen bread from the sides and remove the bread to cool completely on the rack. Once cool, slice and serve. (Hint: The bread slices even better when partially frozen.) Store individually wrapped leftovers in the freezer.

This bread is a tasty way to start your day. Just grab a slice from the freezer and go.
Best of all ... it's so delectably delicious you'll think it's dessert.

HEALTHY RECIPE MAKEOVER HOW-TO:



Half of the oil is replaced by applesauce. Since the applesauce is naturally sweet, less sugar is used, too. Nuts are halved and then added on top of the bread, because when oven-browned they taste doubly nutty.

Did you know?

If you don't have 3 cups of self-rising flour, you can use 3 cups all-purpose flour + 4 teaspoons baking powder + ¼ tsp. salt.

Nutrition Info per serving:

320 Calories, 48 g Carbohydrates, 5 g Protein, 12 g Total fat, 2 g Saturated fat, 45 mg Cholesterol, 1 g Dietary Fiber, 360 mg Sodium, 2% Vitamin A, 4% Vitamin C, 10% Calcium, 10% Iron