

Healthy Zucchini Bread

Let us have a serious talk- bread is not BAD. In fact, there are many ways we can alter a bread recipe to help make it more nutritious for us. This recipe is made with a whole grain flour, half the sweetener as normal (not to mention it is honey instead of cane sugar), and Greek yogurt for extra probiotics and moisture. Thanks to the whole grain flour, one slice is packed with 3 grams fiber. Try a slice alongside Greek yogurt or hard-boiled egg for a tasty breakfast or snack on the go.

Ingredients:

1/3 cup	Canola oil
1/2 cup	Honey (if giving this to a kid under 2, use agave)
1 large	Egg
1/2 cup	Greek yogurt, plain, nonfat
2 tsp	Vanilla extract
1 3/4 cup	Whole wheat flour
1/2 tsp	Baking soda
1/2 tsp	Baking powder
1/2 tsp	Salt
2 tsp	Ground cinnamon
2 tsp	Nutmeg
1 medium	Zucchini, grated

Directions:

1. Preheat the oven to 350 degrees. Grease a 9x5" loaf pan with spray oil.
2. In a medium bowl, whisk together the oil, honey, egg, Greek yogurt and vanilla.
3. In a separate, large bowl, whisk together the dry ingredients (flour, baking soda, baking powder, salt, cinnamon, and nutmeg)
4. Pour the wet mixture into the large bowl of dry ingredients. Mix gently JUST until evenly mixed (avoid overmixing).
5. Fold in zucchini.
6. Pour batter into greased pan. Cook for 55-60 minutes or until a toothpick comes out clean after being stuck through the center. If the top starts to burn during the cooking process, yet the bread is not done, cover LOOSELY with aluminum foil.
7. Let cool for 20-30 minutes then store or serve!

**Store at room temp for 2-3 days, 5-7 days in the fridge, or up to 3 months in the freezer.

Servings: 10 slices
 Serving size: 1 slice (84 g)

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Nutrition Facts		
Serving Size: 1 slice		
Amount Per Serving		% Daily Value*
Calories	207.3 kcal	10 %
Total Fat	8.4 g	13 %
Saturated Fat	0.9 g	4 %
Trans Fat	0 g	
Cholesterol	19.3 mg	6 %
Sodium	218.6 mg	9 %
Total Carbohydrate	30.7 g	10 %
Dietary Fiber	2.7 g	11 %
Sugars	15.1 g	
Protein	5 g	10 %
Vitamin A	1 %	Vitamin C 6 %
Calcium	4 %	Iron 6 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com </>