

Zucchini Bread

Zucchini bread Makes 24 slices

Prep time: 15 minutes

Cooking time: 1 hour

Cooling time: 40 minutes

Ingredients

500 mL (2 cups) whole-wheat flour

250 mL (1 cup) all-purpose flour

25 mL (2 tbsp) ground cinnamon

5 mL (1 tsp) baking soda

5 mL (1 tsp) baking powder

2 omega-3 eggs

1 egg white

125 mL (½ cup) canola oil

125 mL (½ cup) low-fat milk

375 mL (1½ cups) packed brown sugar

15 mL (1 tbsp) vanilla extract

750 mL (3 cups) grated zucchini, approximately 4 medium-size zucchinis

75 mL (⅓ cup) chopped walnuts (optional)

Directions

Preheat oven to 160° C (325° F).

In a large bowl, stir together whole-wheat and all-purpose flours, cinnamon, baking soda and baking powder.

In another bowl, whisk together eggs and egg white, oil, milk, sugar and vanilla.

Stir in zucchini.

Pour egg mixture over flour mixture and stir until well blended. Stir in walnuts, if using.

Spoon batter into 2 lightly sprayed 1.5 L (8" x 4") loaf pans and bake for about 1 hour or until tester comes out clean.

Let cool in pan for 20 minutes then remove from pan and let cool completely.

Recipe provided by the Heart and Stroke Foundation Canada.