

Zucchini-Walnut Loaf

We recommend making extra loaves when zucchini is abundant because they freeze well.



Ingredients

- ¾ cup whole-wheat flour
- ¾ cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 large egg whites, at room temperature
- 1 cup sugar
- ½ cup unsweetened applesauce
- 2 tablespoons canola oil
- ¼ teaspoon lemon extract (optional)
- 1 cup grated zucchini, lightly packed (about 8 ounces)
- 2 tablespoons chopped walnuts

Instructions

1. Preheat oven to 350°F. Coat 2 mini 6-by-3-inch loaf pans with cooking spray.
2. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl.
3. Whisk egg whites, sugar (or Splenda), applesauce, oil and lemon extract (if using) in a medium bowl. Stir in zucchini.
4. Make a well in the dry ingredients; slowly, mix in the zucchini mixture with a rubber spatula. Fold in walnuts. Do not overmix. Transfer the batter to the prepared pans.
5. Bake the loaves until a toothpick comes out almost clean, 40 to 45 minutes. Cool in the pan on a wire rack for about 5 minutes, then turn out onto the rack to cool completely.

Nutrition Per Serving

124 Calories, Total Fat: 3 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 24 g, Fiber: 1 g, Total Sugars: 14 g, Added Sugars: 13 g, Protein: 3 g, Sodium: 89 mg, Potassium: 68 mg, Folate: 4 mcg, Calcium: 23 mg

Carbohydrate Servings: 1 ½

Yield:

2 mini loaves,
8 slices each

Active Time:

30 minutes

Total Time:

1 ¼ hour