

Zucchini Bread

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 1 hour

Makes: 2 loaves, 5 mini loaves,
24 cupcakes or 8x8 cake

CHints: This bread is so good it almost tastes like a dessert. In fact, you can add chocolate chips and nuts to make it one. Also, it is important to use fresh baking soda. Make sure you use baking soda and not baking powder. You can make 1 loaf as bread and another loaf as a dessert.



Dry ingredients:

3-1/4 cups all-purpose flour

2 cups sugar or 1 cup sugar and 1 cup Splenda®

1-1/2 teaspoons salt

1-1/2 teaspoons cinnamon

1 teaspoon ground nutmeg

2 teaspoons baking soda

Wet ingredients:

1/2 cup unsweetened applesauce

2 whole eggs

1/4 cup water

2-1/2 cups grated zucchini, about 1 pound

1/2 cup vegetable oil

2 egg whites

1 teaspoon lemon juice

Cooking spray made for baking or cooking spray and small amount of flour

Optional for 2 loaves dessert style : 1 cup chopped pecan or walnuts

1 cup semi-sweet chocolate morsels or cut both back to 1/2 cup if only making one loaf as a dessert.

Preheat oven to 350 degrees. Decide which pans you are going to be using and lay them out.

In a large bowl, mix all the dry ingredients. Toss with a fork to be sure all ingredients are blended well together. Set aside.

You can use a hand-held grater or food processor to grate the zucchini. In another large bowl, combine all the wet ingredients. Beat the eggs together and stir to blend all ingredients.

So that you don't end up with flour everywhere, gently pour the wet ingredients into the bowl containing the flour mixture. Scrape the sides and bottom of the bowl to be sure all the flour is off the bottom of the bowl and blended in well.

Spray your pans with cooking spray for baking which already contains flour or use regular cooking spray and dust with a small amount of flour. If you have silicone baking pans you won't have any trouble at all with anything sticking and they make it easy to remove the bread. Since the bread will rise during the baking process, fill your pans only one half full.

If you are making the entire batch as a dessert, stir into the batter the 1 cup of nuts. Pour them into the pans and scatter the chips on top. They will sink in as they bake.

If you are making only 1 of the loaves or one 8x8 pan as a dessert, pour half of the batter into one pan before you add the 1/2 cups nuts to the remaining batter. Stir and pour into the other pan and gently scatter the chips on top. They will sink as it bakes. Bake them both at the same time.

2 loaf pans = 1 hour

5 mini loaves = 45 minutes

8 x 8 pan = 30 minutes

24 cup cakes = 25 minutes