



Zucchini Bread

SERVINGS

12 (2 loaves)

TIME

25 minutes hands-on
1 hour 15 minutes total

INGREDIENTS

- 3 cups whole wheat flour
- 1 tablespoon cinnamon
- ½ teaspoon nutmeg
- 1 ½ teaspoons baking soda
- ¼ teaspoon baking powder
- ½ teaspoon salt
- 3 eggs
- ¾ cup unsalted butter
- ½ cup applesauce
- ½ cup honey
- ¼ cup brown sugar
- 1 teaspoon vanilla extract
- 3 cups zucchini, grated

EQUIPMENT

- 2 loaf pans
- Box grater or food processor
- Strainer
- 2 large bowls
- Whisk and spatula
- Measuring cups and spoons, and a liquid measuring cup

DIRECTIONS

- Preheat oven to 325°F
- Grease 2 loaf pans.
- Grate zucchini and set over a strainer to drain.
- Cut butter into 3-4 pieces and melt in a bowl in the microwave or in a pot on the stove.
- In a large bowl, combine flour, cinnamon, nutmeg, baking soda, baking powder, and salt. Whisk to combine.
- Crack eggs into a bowl and mix with a fork. Add butter, applesauce, honey, brown sugar, and vanilla and stir to combine.
- Squeeze water out of zucchini using your hands before adding to the bowl with the dry ingredients. Stir to combine zucchini and dry ingredients.
- Pour wet ingredients over the flour and zucchini mixture and stir until just mixed - do not over mix.
- Pour batter into loaf pans. Bake until a toothpick comes clean in the center of the bread, 45-50 minutes. Cool in pan on a wire rack for 15 minutes. Remove from pan.

TIPS TO INVOLVE THE KIDS

- Wash your hands and designate an area to get a bit messy.
- Take out all ingredients in advance and let them come to room temperature.
- Let kids grate the zucchini. It does not need to be peeled.
- Let the kids measure out all of the ingredients and mix to combine.

