

SPICED ZUCCHINI BREAD

Low Sugar and Low Sodium Recipe!

This filling yet refreshing zucchini bread features a sweet burst of zucchini and raisins, as well as a delicious combination of spices. Most importantly, this veggie-packed bread is low sugar and low sodium. The zucchini is rich in vitamin C, and has an impressive amount of potassium. While zucchini is the star of the show, its flavor doesn't overwhelm this dessert!



Serves: 16
Serving Size: approx ½" slice

Ingredients

- ⅓ cup olive oil
- ¼ cup honey
- 2 eggs
- ½ cup almond milk
- 1 tsp vanilla extract
- ½ tsp almond extract
- 1 ¾ cups Soft Red Winter Wheat
- 1 tsp cinnamon
- 1 tsp nutmeg
- Dash of salt
- 1 tsp baking soda
- 1 ½ cups zucchini (grated)
- ¼ cup raisins

Instructions

- Preheat the oven to 325°F and spray a 9x5 inch loaf pan with a nonstick spray
- In a large bowl, combine the olive oil, honey, eggs, almond milk, vanilla extract, and almond extract until the mixture is smooth
- To the wet ingredients, add the flour, cinnamon, nutmeg, salt, and baking soda
- Mix until the dry ingredients are fully incorporated
- Fold the zucchini and raisins into the batter
- Pour batter into the prepared loaf pan
- Bake in the preheated oven for 50-60 minutes
- Wait for the bread to cool for 30 minutes before serving

Nutrition Facts

Servings: 16

Serving size: ½" slice

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 6g	%8
Saturated Fat 1g	%5
Trans Fat 0g	
Cholesterol 20mg	%7
Sodium 105mg	%5
Total Carbohydrate 24g	%9
Dietary Fiber 3g	%11
Total Sugars 5g	
Includes 3g Added Sugars	%6
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 120mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.