



zucchini ginger bread //

exceptionally moist, delicate yet
satiating, reminiscent of carrot cake...

for high altitude

organic ingredients /

½ cup or 4 ounces crystallized

ginger, chopped to desired

consistency

2 cups whole-wheat flour

1 tsp ground ginger

1 tsp ground cinnamon

1 tsp finely grated fresh orange zest

1 tsp salt

1 tsp baking soda

½ tsp baking powder

2 cups coarsely grated zucchini /

about 2 medium or one large

¼ cup mild extra virgin olive oil

½ cup applesauce/ no sugar added

¾ cup mild honey

2 large eggs, lightly beaten

1 tsp vanilla

This is a great afternoon snack before an evening workout. Eat along side or mixed with plain, unsweetened soygurt/ yogurt and a raw vegetable, such as a celery stick or carrot.

active time/ >30 minutes

total time/ 90 minutes

Put oven rack in middle position and preheat oven to 350°F.

Chop crystallized ginger to desired consistency or pulse in a food processor until finely ground, then add **flour, ground ginger, cinnamon, zest, salt, baking soda, and baking powder** and stir until combined.

In a *separate*, medium-sized bowl, whisk together **zucchini, oil, applesauce, honey, eggs, and vanilla**, then *stir in flour mixture* until just combined.

Pour batter among lined muffin cups or in a 10 1/2" X 5 1/2" X 3" high pan (a meatloaf/ bread pan), bake until golden and a wooden pick or skewer inserted in center of the loaf/ muffin comes out clean, 60 to 75 minutes.

Cool in bread pan for 60 minutes. Cool in muffin pan for 10 minutes and remove muffins from pan and cool completely, 1 hour.

NUTRITION FACTS

Servings: 12

Amount Per Serving

Calories: 227

Total Fat: 5.38g

Cholesterol: 35mg

Sodium: 337mg

Total Carbs: 43.13g

Dietary Fiber: 2.98g

Sugars: 22.93g

Protein: 4.14g