

## Zucchini Bread

This Zucchini bread is a sweet and satisfying dessert that is easy to make. You can also use it as an afternoon snack.

Makes: 1 loaf (9 x 5-inch loaf pan)

### Ingredients

1 cup whole wheat pastry flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
¼ teaspoon powdered ginger  
⅛ teaspoon ground cloves  
¼ teaspoon sea salt  
⅓ cup sunflower oil  
2 tablespoons fresh orange juice  
½ cup maple syrup  
2 eggs  
1 cup zucchini (with or without peel), grated  
⅓ cup raisins or unsweetened, shredded coconut  
¼ cup walnuts, chopped

### Instructions

Preheat oven to 350°.

Mix and set aside 1 cup whole wheat pastry flour, 1 teaspoon baking powder, ½ teaspoon baking soda, ½ teaspoon cinnamon, ¼ teaspoon nutmeg, ¼ teaspoon powdered ginger, ⅛ teaspoon ground cloves and ¼ teaspoon sea salt.

In a large bowl, mix ⅓ cup sunflower oil, 2 tablespoons fresh orange juice, ½ cup maple syrup, 2 eggs, 1 cup grated zucchini, ⅓ cup raisins or shredded coconut and ¼ cup chopped walnuts.

Mix dry ingredients into wet ones. Pour into well-oiled 9 x 5-inch loaf pan.



Bake for 40–50 minutes or until toothpick inserted into center comes out clean.  
[When baking, if the top starts to brown too quickly, cover it with foil to keep it from burning.]

