

Skinny Zucchini Bread



Ingredients:

- 1 1/2 cup flour
 - 2.5 tsp baking powder
 - 1 tsp baking soda
 - 2 tsp Saigon cinnamon
 - 1/2 tsp nutmeg
 - 1 cup zucchini, shredded
 - 1 egg
 - 1 Tbsp vanilla extract
 - 2 Tbsp brown sugar
 - 4 Tbsp white granulated sugar
 - 1/2 cup water
 - 3 Tbsp of unsweetened applesauce
- (For diabetic friendly, substitute sugars for sugar substitutes)

Method: Preheat oven to 350.

Combine all dry ingredients in one bowl. Whisk.

In separate bowl, combine, zucchini, eggs, sugar and wet ingredients. Mix well.

Gradually add dry ingredients to wet. Toss just to combine careful not to overmix. Pour into prepared loaf pan. Bake for 40-45 minutes.