

## Plant-Powered Zucchini Bread

Makes 8 servings

This moist, lightly sweet treat is a fun way to eat more vegetables. Walnuts are optional but they contain healthy fats and add crunch. Your child can help mix the batter.

### Ingredients

- Non-stick cooking spray or 1 teaspoon vegetable oil
- $\frac{3}{4}$  cup non-dairy milk (like soy or almond) or low-fat milk
- $\frac{2}{3}$  cup light brown sugar
- $\frac{1}{2}$  cup vegetable or olive oil
- 1 tablespoon lemon juice
- $\frac{3}{4}$  teaspoon salt
- 2 medium zucchini (green or yellow), grated and water squeezed out
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  cup chopped toasted walnuts (optional)



Photo: NYT Cooking

### Directions

1. Preheat the oven to 350 degrees F. Spray an 8-inch or 9-inch loaf pan with cooking spray or use a napkin to spread the oil inside the pan. Line the bottom and long sides with a long piece of aluminum foil (this will make it easier to take the bread out of the pan).
2. In a large bowl, whisk together the sugar, milk, oil, lemon juice, cinnamon, and salt. Add the flour, baking powder, and baking soda and mix gently until just combined. Mix in the zucchini and walnuts.
3. Pour the batter into the loaf pan. Bake until the bread is cooked through and golden brown, 55 to 65 minutes. The bread is done when a toothpick or knife inserted into the middle comes out clean.
4. Remove the bread from the oven and let it cool for 15 minutes, then use the foil to lift the bread out of the pan. Let the bread cool completely before slicing and serving.

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