

Carrot Cake Zucchini Bread

Ingredients

- whole wheat flour - 355 ml - 1 1/2 cups -
- brown sugar - 355 ml - 1 1/2 cups
- zucchini, grated - 235 ml - 1 cup
- carrot, grated - 235 ml - 1 cup
- flour, unbleached - 235 ml - 1 cup
- egg whites - 180 ml - 6 egg whites
- applesauce - 120 ml - 1/2 cup
- pecans, chopped - 120 ml - 1/2 cup
- cinnamon, ground - 15 ml - 1 tbl
- vanilla extract - 10 ml - 2 tsp
- baking soda - 5 ml - 1 tsp
- nutmeg, ground - 5 ml - 1 tsp
- salt - 5 ml - 1 tsp
- cloves, ground - 2.5 ml - 1/2 tsp
- baking powder - 1.25 ml - 1/4 tsp

Directions

1. Scrub the zucchini with an abrasive plastic pad reserved for vegetables, and rinse before grating.
2. In a bowl sift together the whole wheat flour, all purpose flour, baking soda, baking powder, cinnamon, nutmeg, cloves, and salt with a wire whisk.
3. In another bowl, beat the eggs until frothy. Mix in the oil, cane sugar, cinnamon, and vanilla extract until even.
4. Combine the grated zucchini and cashews with the wet ingredient bowl and mix.
5. Pour the wet ingredients into the bowl with the flour mixture. Mix until evenly combined.
6. Grease and flour a 9 x 5 x 3 in loaf pan. Pour in the batter.
7. Bake for 50-60 minutes at 350 degrees F (175 degrees C).
8. Test by inserting a toothpick or knife into the center of the loaf. When withdrawn free of batter, the bread has finished cooking.
9. Transfer to wire racks after 15 minutes. Cool for 20 minutes before serving.

<http://zucchinibreadrecipes.org/carrot-cake-zucchini-bread/>

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