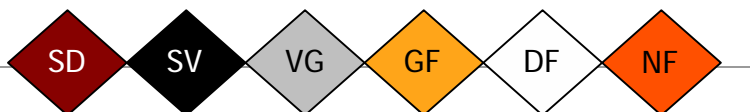


Healthy Swaps Chocolate Zucchini Bread

(*see dietary notes)



Recipe by: Chef Kelly Yorke

In late summer vegetable gardeners and farmer's market attendees find an abundance of summer squash at their disposal and this recipe offers a great way to utilize them. This Healthy Swaps bread freezes well or it can be kept wrapped in the refrigerator for up to a week. It can be used to make creative lunch box sandwiches or a quick breakfast for on the go – simply fill two 1/2-inch slices with whipped light cream cheese, nut butter, or sugar free fruit jam, then slice the sandwich into strips or other interesting shapes.

Ingredients:

1/2 cup	Cocoa Powder, unsweetened
3/4 cup	Whole Wheat Graham Flour
1/4 cup	Wheat Bran
3/4 cup	Cake Flour
1/2 tsp.	Baking Powder
1/4 tsp.	Baking Soda
1/3 cup	Semisweet Chocolate Chips
1/2 cup	Mayonnaise, Hellman's Light or other like product
1/2 cup	Egg Beaters or Pasteurized Liquid Egg Substitute
1/2 cup	Stevia Extract; In the Raw
1/4 cup	Splenda; Brown Sugar Blend
1 tsp.	Vanilla Extract
1/4 cup	Almond Milk, Blue Diamond Almond Breeze, unsweetened chocolate flavor or other like product
3 cups	Shredded or grated Zucchini, squeezed dry, (about 12 ounces)

Directions:

1. Preheat oven to 350 °F. Grease a medium (8 x 4) loaf pan with butter, shortening or non-stick cooking spray.
2. In a large bowl, combine cocoa powder, whole wheat flour, wheat bran, cake flour, baking powder, baking soda and chocolate chips.
3. In another bowl whisk together mayonnaise, egg substitute, Stevia, Splenda, vanilla and almond milk until blended. Fold in zucchini.
4. Pour wet ingredients to dry ingredient bowl. Stir only until all ingredients are evenly moistened. Pour batter into prepared loaf pan.
5. Bake for 50-55 minutes, or until a toothpick inserted in the center comes out clean of batter. Remove from oven, cool for 10 minutes in pan and then turn bread out of pan and onto a rack to finish cooling. Store in the refrigerator for up to a week. This bread slices best when chilled.

YIELD: 1 loaf or 12 one-slice servings

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), omit mayonnaise and replace with ½ cup Veganaise, omit ½ cup liquid egg substitute and replace with ½ cup non-dairy yogurt, omit Splenda Brown Sugar Blend and replace with ¼ cup dark evaporated cane juice, such as Sucanat.
- To make gluten-free (GF), Omit graham flour and cake flour and replace with 1-1/2 cups of homemade or store-bought GF baking mix. Omit wheat bran and replace with ¼ cup GF oat or rice bran.
- To make nut-free (NF), omit almond milk and replace with ¼ cup evaporated skim milk or ¼ cup rice or soy milk.

Per Healthy Swaps Slice: 123 Calories, 20g Carbohydrates, 3g Fat, 4g Protein, 3g Dietary Fiber, 0mg Cholesterol, 153mg Sodium

Per Original Recipe Slice: 209 Calories, 28g Carbohydrates, 10g Fat, 3g Protein, 1g Dietary Fiber, 27mg Cholesterol, 156mg Sodium