

Zucchini Bread, low carb

net C: 3.6, Fibr 1.5, Prot 4

Ingredients

- 1 Cup soy flour
- 1 Cup almonds, finely ground
- 1 Cup granular sugar substitute (sucralose)
- 1 1/2 Teaspoons ground cinnamon
- 1/2 Teaspoon ground nutmeg
- 1/2 Teaspoon salt 1/2 Teaspoon baking soda
- 1/2 Teaspoon baking powder
- 1/2 Cup canola oil
- 4 large eggs
- 1 medium zucchini, coarsely grated
- 1 Teaspoon vanilla extract

Other: dates, molasses, walnuts

Directions

1. Preheat oven to 350°F. Grease an 8x4-inch loaf pan generously with oil spray; set aside. In a large bowl whisk together soy flour, ground almonds, sugar substitute, cinnamon, nutmeg, salt, baking soda and baking powder.

2. In a medium bowl, whisk together oil, eggs, grated zucchini and vanilla extract. Mix zucchini mixture into dry ingredients until just combined. Pour batter into prepared pan.

3. Bake 45 minutes until golden brown and a cake tester inserted in center comes out clean. Cool in pan for 10 minutes before removing loaf from pan. With a serrated knife, cut into 18 slices for serving.



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