
Carrot Zucchini Bread

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Preparation Time: 10 minutes

Bake Time: 45 minutes

1 cup unsweetened applesauce
3/4 cup shredded carrots
3/4 cup shredded peeled zucchini
1/2 cup sugar
1/2 cup egg substitute
1 1/2 teaspoons pumpkin pie spice
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
3 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3/4 cup orange juice

Preheat the oven to 350 degrees.

In a large bowl, combine the applesauce, carrots, zucchini, sugar, egg substitute, pumpkin pie spice, cinnamon and nutmeg.

In a bowl, combine the flour, baking powder, baking soda and salt. Add alternately with the orange juice to the carrot mixture.

Pour into two greased and floured 8x4-inch loaf pans.

Bake until the bread tests done, about 45 minutes.

Cool for 10 minutes. Remove the loaves from the pans to a wire rack to cool completely.

Yield: 2 loaves (6 pieces ea)

Breads, Muffins

Per Serving (excluding unknown items): 2201 Calories; 18g Fat (7.6% calories from fat); 55g Protein; 454g Carbohydrate; 18g Dietary Fiber; 2mg Cholesterol; 3447mg Sodium. Exchanges: 19 Grain(Starch); 2 Lean Meat; 2 Vegetable; 3 Fruit; 1 1/2 Fat; 7 Other Carbohydrates.