



Greek Yogurt Zucchini Bread

Recipe Source: Sally's Baking Addiction

Servings: 12

Ingredients:

1/3 cup canola or melted coconut oil
1/2 cup organic blue **agave** or honey
1 large **egg**, at room temperature
1/2 cup plain non-fat **Greek yogurt**, at room temperature
1 and 1/2 teaspoons pure **vanilla extract**
1 and 1/2 cups **all-purpose flour**
1/2 teaspoon **baking powder**
1/2 teaspoon **baking soda**
1/2 teaspoon **salt**
1 teaspoon **ground cinnamon**
1 cup shredded **zucchini**

Optional: 2 teaspoons orange zest (so good!) and/or 3/4 cup chopped walnuts

Steps:

- Preheat oven at 350 degrees and grease a 9x5 inch loaf pan.
- Whisk the oil, agave, egg, yogurt and vanilla extract together in a medium bowl until combined. In a large bowl, whisk the flour, baking powder, baking soda, salt and cinnamon together. Pour the wet ingredients into the dry ingredients and mix with a large wooden spoon or rubber spatula until combined. Avoid overmixing. Fold in the zucchini, orange zest and walnuts.
- Spread batter into the prepared loaf pan. Bake for 40-50 minutes. Baking times vary, so keep an eye on yours. The bread is done when a toothpick inserted in the center comes clean. If you find the top of the bread browning too quickly in the oven, loosely cover it with aluminum foil.
- Remove the bread from the oven and sent on a wire rack. Allow to cool completely before slicing and serving. Cover and store leftover bread at room temperature for up to 5 days.

Nutritional Facts (per serving): Calories: 218, Carbohydrates: 26 grams, Protein: 4 grams, Total Fat: 12 grams, Saturated Fat: 1 gram, Cholesterol: 16 mg, Sodium: 164 mg, Fiber: 1 gram, Total Sugars: 12 grams (includes walnuts).