



Carrot Zucchini Bread

PREP TIME

20 min

COOK TIME

45 min

TOTAL TIME

65 min

YIELD

2 loaves

COST

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COURSE

Side

INGREDIENTS

- 1 cup applesauce, unsweetened
- $\frac{3}{4}$ cup carrots, shredded
- $\frac{3}{4}$ cup zucchini, shredded
- $\frac{1}{2}$ cup sugar
- 2 eggs
- 1 $\frac{1}{2}$ cups whole wheat flour
- 1 $\frac{1}{2}$ cups all-purpose flour
- 1 $\frac{1}{2}$ tsp pumpkin pie spice
- 1 tsp ground nutmeg
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup orange juice

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Lightly grease two 4x8x2 inch loaf pans.
3. In a bowl, combine applesauce, carrots, zucchini, sugar, and egg.
4. In a separate bowl, combine flour, spices, baking powder, baking soda, and salt.
5. Add the two mixtures together with the orange juice. Mix until just combined.
6. Pour into loaf pans. Bake for 45 minutes or until a wooden pick comes out clean.
7. Cool for 10 minutes; remove from pans and allow to cool completely on a wire rack.

NOTES

Spices

If you don't have pumpkin pie spice, you can replace with:

1 $\frac{1}{2}$ tsp ground cinnamon, $\frac{1}{4}$ tsp ground nutmeg, $\frac{1}{4}$ tsp ground ginger, $\frac{1}{4}$ tsp ground allspice, and $\frac{1}{4}$ tsp ground cloves



Follow these tips for ideas on how to include your kids while making this recipe

Kids can help with measuring and mix the ingredients together

