BetterBody Foods

Zucchini Fruit and Fiber Bread

Prep: 20 min Cook: 1 hr Total: 1 hr 40 min Servings: 24

Calories: 155 Fat: 3g Protein: 4g Carbs: 32g Fiber: 0g

Ingredients

- 3 cups all - purpose flour
- 1/4 cup BBF Fruit and Fiber Blend
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- 1 Tbsp ground cinnamon
- 3 eggs
- 1 cup BBF avocado oil
- 2 1/4 cups organic cane sugar
- 3 tsp vanilla extract
- 2 cups grated zucch ini

Directions

1. Preheat oven to 325 degreesF (163 degreesC). Grease and flour two 8 x 4-inch loaf pans.
2. In a medium bowl, sift together the flour, fruit and fiber powder, salt, baking powder, baking soda, and cinnamon.
3. In a large mixing bowl, beat eggs, oil, vanilla, and sugar until well combined and smooth.
4. Gradually add the dry mixture into the wet mixture, beating until fully incorporated.
5. Stir in the grated zucchini until evenly distributed.
6. Pour the batter evenly into the prepared pans.Bake for 40 to 60 minutes, or until a toothpick inserted into the center comes out clean.
7. Let the loaves cool in the pans on a wire rack for 20 minutes. Then remove from the pans and let cool completely before slicing.
8. Enjoy your Zucchini Fruit and Fiber Bread!