Zucchini- Pineapple Quick Bread
Adapted from Cooking Light Magazine June 2008

Yield: 2 loaves, (14 servings per loaf)

Ingredients:

1 ½ cup All-purpose flour  
1 ½ cup Whole wheat flour  
1 tsp Salt  
1 tsp Baking soda  
1 ½ tsp Baking powder  
2 tsp Cinnamon  
2 cups Sugar or Splenda® Granular Sugar Substitute  
2 cups Grated zucchini (1.5 medium zucchini)  
2/3 cup Canola oil  
¾ cup Egg substitute (or 3 whole eggs, beaten)  
2 tsp Vanilla  
2 (8oz) cans Crushed pineapple in juice, drained

Instructions:

1. Preheat Oven to 325 degrees.
2. Combine dry ingredients- flour, sugar, salt, baking soda, baking powder, cinnamon and mix well.
3. Combine wet ingredients - zucchini, oil, egg substitute and vanilla, mixing until well combined.
4. Add zucchini mixture to flour mixture, stirring just until moist. Fold in pineapple. Spoon into 2 (9X5- inch) loaf pans coated with vegetable oil spray.
5. Bake at 325 for 1 hour.

Nutritional Facts: Per serving (1 slice)  
Calories: 154 Fat: 5 g Sat. fat: 0 g  
Carbohydrate: 25 g Protein: 2 g Fiber: 1g Cholesterol: 0 mg Sodium: 88 mg

Nutritional Facts with Splenda®: Per serving (1 slice)  
Calories: 98 Fat: 5 g Sat. fat: 0 g  
Carbohydrate: 11 g Protein: 2 g Fiber: 1g Cholesterol: 0 mg Sodium: 88 mg