

Zucchini bread

Skipping breakfast is never a good idea, especially if you're physically active. Pair this healthy bread with your favorite fruit to energize your workout.

Ingredients

- 7 1/2 tsp all-purpose shortening
- 2 1/2 oz. granulated sugar
- 4 3/4 tsp pasteurized liquid eggs
- 3 1/2 oz. zucchini - fresh, shredded
- 5 tbsp buttermilk
- 5 oz. all-purpose flour
- 3/8 tsp baking soda
- 3/8 tsp baking powder
- 1/8 tsp salt
- 1 1/2 oz. walnut pieces

Preparation

1. Preheat oven to 350 degrees and grease a 9' X 4" loaf pan with 1 1/2 tsp shortening.
2. Cream the remaining shortening and sugar until very smooth with electric mixer or beaters.
3. Gradually add eggs. Continue to cream.
4. Add zucchini and buttermilk. Mix well.
5. Sift together flour, baking soda, baking powder and salt. Add to wet ingredients. Mix well.
6. Stir in nuts.
7. Pour batter into pan. Bake for 45 minutes.

Nutrition (per serving)

Yield: 12 slices calories 127; fat 6.2g; cholesterol 9mg; carbohydrate 16.1g; fiber 0.7g; protein 2.3g; sodium 85mg



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