

Zucchini Bread Thickie

Serves 2

2 cups grated or chopped fresh or frozen zucchini

½ frozen banana (or not frozen)

1 cup milk (any kind)

½ cup cooked Quinoa or whole rolled oats (raw, soaked or cooked)

2 tablespoons nut butter

1 tablespoon chia seeds

¾ teaspoon cinnamon

¼ teaspoon nutmeg

Place all ingredients in blender with ½ cup water and blend until smooth. Add a little more water if you need to.

Credit: I Quit Sugar Cookbook by Sarah Wilson

Notes: I use a full banana that wasn't frozen and added ice instead of water. I also used one scoop of vanilla protein powder (Vega) and it was the perfect consistency and sweetness for me.