



# Zucchini Carrot Apple Bread

## The Ingredients



**Serves: (1 loaf - can double recipe for 2!)**

- 1¾ cups all-purpose flour
- 1 tsp. Baking soda
- 1 tsp. Baking powder
- ¾ tsp. Kosher salt
- ¾ tsp. Cinnamon
- ½ tsp. powdered ginger
- 2 large eggs
- ¼ cup mild oil, like canola
- 1 cup granulated sugar
- 2 tsp. pure vanilla extract
- 1 tsp. fresh lemon juice
- 1 cup shredded zucchini
- 1 cup shredded carrot
- 1 cup grated apple (I used granny smith, but you can use whatever variety you like)

## Directions:

- Preheat oven to 325 degrees F. Grease a loaf pan with spray,
- In a bowl, whisk together the flour, baking soda, baking powder, salt, cinnamon, and ginger. Set aside.
- In a separate bowl, whisk the eggs until light and frothy. Add the oil, sugar, vanilla, and lemon juice, and beat well for one minute. Grate the zucchini, carrots, and apple on the large side of a box grater and add them to the wet ingredients. Stir to combine.
- Add the dry ingredients to the wet, and fold them in gently until just combined, with no dry patches.



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- The batter will be quite thick, but that's how it should be -- a lot of the moisture is in the veggies and apple – this will come out during baking to keep the loaf moist. Do not over-mix.
- Pour the batter into the prepared pan, and bake for 55-65 minutes, or until the top is golden brown and a toothpick inserted in the center comes out clean.
- Let cool for at least 15-20 minutes before removing from the pan, then let cool completely. Serve immediately or wrap in plastic and store at room temperature. Keeps for 3-4 days or can be frozen for up to 2 months.
- Optional: \*Top with cream cheese frosting: For frosting I used 4 oz. softened cream cheese whipped with  $\frac{1}{2}$  cup powdered sugar – spread on top of loaf and sprinkle with toasted walnuts. (My favorite!)