

## Zucchini - pronounced [zoo-kee-nee] AKA Courgette & Summer squash

Raw zucchini is low in Saturated Fat, Sodium and Cholesterol. It is a good source of Vitamins A, B-6, C, K, Iron, Folate, Magnesium, Manganese, Potassium, Protein, Niacin, Riboflavin & Thiamin. There are many, many benefits for adding this to your diet.

# Pat's Zucchini Bread Recipe

- 1 Cup Virgin Olive Oil
- 3 Tsp Pure Vanilla
- 3 Eggs
- 2 Cups Shredded Zucchini

Crema first 4 ingredients together, set aside.

Sift these all together in separate bowl.

- 1 Tsp Sea Salt
- 1 Tsp Baking Soda
- 1 Tsp Baking Powder
- 4 Tsp Cinnamon
- 1 Cup White Sugar
- 1 Cup Brown Sugar



Combine the above bowl mixtures into a mixer and mix until creamy. Add to this mixture,

- 3 Cups Bread Flour
- 1 Cup Chopped Walnuts

Once blended prepare **2 standard sized loaf pans** with either a olive oil coating (no need 4 flour) or line with wax paper. I use both metal and glass loaf pans.



Pat's Bread...yummy!

Cooking time varies according to each oven, in a pre-heated 325° oven bake on 2nd rack approx. 45-50 minutes. Check doneness by inserting a chop stick/toothpick/fork into center, when it comes out clean bread is done. Cut into ½" slices. Serves ? (12), but whoever is in the kitchen and smells its aroma just might get their fill..my son Matthew will eat an entire loaf if I don't cut my pieces off first. Very tasty and a great way to make bread ahead and pop into the freezer.