

# Chocolate Chip Zucchini Bread

## Ingredients:

- 1 cup and 3 tablespoons whole wheat flour
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup shredded zucchini
- 2 eggs (1 whole egg, 1 egg white)
- 1/3 cup olive oil
- 1/3 cup honey or maple syrup
- 2 tablespoons water
- 1 teaspoon vanilla extract
- 1/2 cup walnuts (optional)
- 1/2 cup dark chocolate chips (optional)

## Directions:

- 1) Preheat oven to 350F and lightly grease a loaf bread pan.
- 2) In a medium bowl combine whole wheat flour, cinnamon, nutmeg, baking powder, baking soda, and salt.
- 3) In a large mixing bowl add zucchini, 1 egg and 1 egg white, olive oil, honey, water, and vanilla extract. Mix wet ingredients and add dry ingredients to this.
- 4) Stir in walnuts and chocolate chips. Add to bread pan. Bake for 45 minutes or until center is fully cooked. Insert toothpick to check - if it is clean, bread is done!

For more recipes, visit <https://stjoefarm.wordpress.com>

# The Farm

Saint Joseph Mercy Health System

Makes 1 loaf  
Great for holiday dinners!

*Try this with recipe with many different fruits and vegetables. Substitute roughly 1 to 1 1/4 cups of mashed bananas, blueberries, shredded carrots or pumpkin for the zucchini.*

