



Zucchini Loaf

Ingredients

Whole wheat flour	4 ½ cups	1.13 L
Cinnamon	5 tsp	25 mL
Nutmeg	1 ½ tsp	7.5 mL
Baking soda	2 tsp	10 mL
Baking powder	2 tsp	10 mL
Sultana raisins, seedless (see tips section)	1 ½ cups	375 mL
All-bran buds [®]	1 cup	250 mL
Eggs, whole medium	3 each	3 each
Canola oil	½ cup	125 mL
Yogurt, plain, 2% M.F.	1 ½ cups	375 mL
Milk, 2 % M.F.	⅔ cup	150 mL
Brown sugar	1 ½ cups	375 mL
Vanilla extract	1 Tbsp	15 mL
Zucchini, unpeeled, shredded	4 cups	1 L

Directions

1. Preheat oven to 350°F (175°C).
2. In a bowl, combine whole wheat flour, cinnamon, nutmeg, baking soda, baking powder, raisins and All-bran buds[®].
3. In a large bowl, beat eggs until foamy. Add canola oil, yogurt, milk, sugar, and vanilla and stir until combined. Stir in shredded zucchini.
4. Gently fold dry ingredients into wet ingredients.
5. Spoon batter into 3 well-greased(with canola oil) 8” x 4” (20 cm x10 cm) loaf pans.

- 
- 
6. Bake in oven at 350°F (175°C) for 55 minutes or until toothpick inserted into centre comes out clean.
 7. Remove loaves from pans and let cool thoroughly (about 10–15 minutes) before slicing each loaf into 17 slices.
 8. Place 1 slice onto 50 serving plates.

Makes 50 slices (50g).

Nutrition Facts	
Per 1 slice (50 g)	
Amount	% Daily Value
Calories 110	
Fat 3 g	5 %
Saturated 0 g + Trans 0 g	5 %
Cholesterol 10 mg	
Sodium 90 mg	4 %
Carbohydrate 20 g	7 %
Fibre 2 g	8 %
Sugars 10 g	
Protein 3 g	
Vitamin A 1 %	Vitamin C 15 %
Calcium 4 %	Iron 6 %

Nutrient Claim	Amount per Serving
Low in sodium	90 ,mg
Source of fibre	2 g
Source of iron	1 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/4
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	0

Alberta Nutrition Guidelines Category

Choose Most Often
(Grain Product)



Recipe Tips

- Raisins are a choking hazard and should not be offered to children under age 4. Omit the raisins for this age group. For older children, raisins add sweetness to the recipe, but the loaf will still taste great if you choose to omit them. Try substituting raisins for dried cranberries or chopped apricots.
- Shopping tip: Two medium zucchinis will yield about four cups of shredded zucchini.
- No zucchini on hand? Try using another summer squash or shredded carrots instead!