

Featured Recipe

Healthier Zucchini Bread

Ingredients:

- 1/2 cup granulated cane sugar (Wholesome Sweeteners®)
- 1/2 cup shortening, butter or non-dairy alternative (Earth Balance® Shortening or Buttery Sticks)
- 2 large eggs
- 1/2 cup sour cream, dairy or non-dairy (Tofutti Better than Sour Cream®)
- 1 teaspoon vanilla extract, gluten-free (Nielsen-Massey® Madagascar Bourbon Vanilla)
- 1/2 cup mashed, ripe banana (approximately 1 banana)
- 2 cups Jules Gluten Free™ All Purpose Flour
- 2 Tablespoons flax seed meal (optional, but recommended) (Flax USA Real Cold Milled™ Golden Flax)
- 1 Tablespoon cinnamon or pumpkin pie spice
- 1 Tablespoon baking powder, gluten-free (Hain Purefoods Featherweight®)
- 1 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1 cup packed, fresh zucchini, grated (approximately 1 zucchini squash)
- 1/2 cup chopped pecans or walnuts (optional)
- cinnamon-sugar mixture to sprinkle on top



Copyright © 2010 Jules E. Dowler Shepard

Directions:

Preheat oven to 350° F (static) or 325° F (convection).

Beat sugar and shortening until fluffy, then add the eggs, sour cream, vanilla and mashed banana and mix well.

Sift all dry ingredients in a large mixing bowl. Pour slowly into the wet ingredient bowl and beat together until integrated. Fold in the zucchini and nuts. The batter will be stiff.

If baking as mini loaves, oil two 5-6 small loaf pans, filling each no more than 1/2 full. Bake for approximately 35 minutes, testing with a cake tester or skewer to be sure the middle is cooked through. There should be few, if any, wet crumbs sticking to the tester when done. If baking as muffins, oil and fill 24 muffin tins halfway full.

Sprinkle with cinnamon-sugar mixture, if desired.

Bake for approximately 30 minutes, testing to be sure the middle is cooked through. If you are using mini-muffin tins, cook for only 15 minutes.