

Moist Zucchini Bread



½ cup vegetable oil
½ cup vanilla yogurt, no added sugar
2 cups Splenda®
¾ cup egg substitute
2 cups raw shredded zucchini
2 cups whole wheat pastry flour
1 teaspoon baking soda
1 teaspoon salt
½ teaspoon baking powder
3 teaspoons cinnamon
3 teaspoons vanilla
Dash of nutmeg

Blend oil, yogurt, and Splenda® together in a bowl. Add egg substitute and zucchini, stir. Sift dry ingredients together and add to the Splenda® mixture. Add vanilla. Stir in nuts and/or raisins if desired. Bake in two loaf pans (coated in non-stick cooking spray) at 300°F for 45–60 minutes. Makes 16 servings.

Nutrition information per serving: 125 calories, 4 grams protein, 7 grams fat, 12 grams carbohydrate, 267 mg sodium.