



April 25- Chocolate Zucchini Bread – Happy Zucchini Bread Day!

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1170609>

Recipe

Ingredients:

- 2 cups shredded zucchini
- 1 ½ cup whole-wheat flour
- ½ cup cocoa
- ¾ cup sugar
- 1 ¼ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup fat free plain yogurt
- 4 egg whites
- 1 teaspoon vanilla
- 1/3 cup mini chocolate chips

Directions:

1. Preheat oven to 350°F.
2. In a separate bowl, combine all dry ingredients.
3. Combine yogurt, egg whites and vanilla. Add to zucchini.
4. Gently mix dry and wet ingredients together until moistened.
5. Pour mixture muffin tins and sprinkle chocolate chips over tops.
6. Bake for 15-20 minutes.

Yield 12 servings

Nutrition Facts	
Serving Size 1 muffin (76.55g)	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	14%
Sugars 16g	
Protein 5g	9%
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 8%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	