

Pumpkin Zucchini Chocolate Chip Bread

Have a sweet tooth to satisfy? This tasty bread can keep you on track, without depriving you of that chocolate fix! Add in a handful of toasted pecans or walnuts for healthy fats, or toss in 1/2 cup of coconut to make it even more nutritious and delicious.

Ingredients:

- 1 1/2 cups whole wheat flour or white whole wheat flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoons cinnamon
- pinch of nutmeg
- pinch of cloves
- pinch of ginger
- 3/4 cup canned pumpkin
- 1 cup shredded zucchini, squeezed of excess moisture
- 1/3 cup honey
- 1 tablespoon olive or coconut oil
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup almond milk
- 1/2 cup chocolate chips

Directions:

1. Preheat oven to 350 degrees F. Grease a 9 inch loaf pan with nonstick cooking spray.
2. In a large bowl, whisk together flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger.
3. In a separate large bowl combine pumpkin, zucchini, honey, oil, egg, and vanilla until well combined and smooth.
4. Whisk in almond milk.
5. Add wet ingredients to dry ingredients and mix until just combined.
6. Gently fold in chocolate chips, reserving a few for sprinkling on top.
7. Bake for 50-60 minutes or until toothpick comes out clean.
8. Cool on wire rack for 10-15 minutes, then remove bread from pan and transfer to wire rack to finish cooling.

Notes:

You can also bake these into muffins, but may need to adjust baking time...check muffins at 20 minutes.

Makes: 12 slices

Nutritional Information

Serving size: 1 slice

Calories: 153

Fat: 4.5g, Carbohydrates: 26.1g, Sugar: 13g, Fiber: 2.3g, Protein: 3g