



Microwave Zucchini Bread

Ingredients:

- ½ medium zucchini
- ⅓ cup whole wheat flour
- ½ teaspoon baking soda
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 2 tablespoons honey
- ¼ teaspoon vanilla extract
- ¼ cup unsweetened applesauce
- cooking spray

Instructions:

1. Grate ½ zucchini and set aside.
2. Combine the flour, baking soda, cinnamon, and nutmeg in a mixing bowl until well mixed.
3. Stir the honey, vanilla extract, applesauce, and zucchini into the batter until smooth.
4. Lightly coat the inside of each mug with cooking spray.
5. Pour mixture into two mugs, and microwave for 2-3 minutes.

Variations:

- For some extra texture, taste, and good nutrition: stir 2 tablespoons of chopped walnuts into the batter.
- Make this sweet treat more decadent by drizzling some melted dark chocolate chips on top, or by stirring 2 tablespoons of mini dark chocolate chips into the batter.
- Try substituting zucchini with other shredded vegetables, like carrots, squash, or beets!

Prep Time: 10 minutes

Cooking Time: 10 minutes

Equipment:

grater
measuring cups and spoons
microwave
microwave-safe mugs
mixing bowl

Servings: 2 servings

Serving Size: ½ cup



Nutrition Facts: 150 Calories, 0.5 g Fat, 0 g Saturated Fat, 36 g Carbohydrates, 3 g Protein, 3 g Fiber, 19 g Sugar, 320 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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