Lemon Blueberry Zucchini Bread  
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Many of us have quick bread recipes that have been in the family for a long time. Like the zucchini bread recipe I rediscovered in my file box these quick breads often have nutritious ingredients such as fruit, nuts, vegetable oils and grains. Some recipes are heavy on the oil, refined flour and sugar, but with some adjustments can be updated to make a healthy and just as tasty bread!

Oil in a recipe can be cut in half with half being replaced by unsweetened applesauce. In this recipe I substituted 1 cup "vegetable oil" with ½ cup walnut (the walnut oil is higher in omega-3 fatty acid) and ½ cup unsweetened applesauce. Whole eggs can be substituted with egg whites. The original recipe called for 4 eggs; I substituted with 2 eggs and 2 egg whites. The original recipe called for 3 ½ cups of unbleached flour. Oat bran, flax seed meal and whole wheat flour can be substituted cup for cup for unbleached flour, although for texture it is best to keep the unbleached flour with its higher gluten content at a higher proportion than the other flour substitutes. The recipe below is moist but a little crumbly. Leaving out the whole wheat flour and making the unbleached flour 2 cups will result in a firmer texture.

The frozen, unsweetened blueberries and chopped walnuts are an addition to the original recipe, adding a little extra fiber, anti-oxidants, and omega-3!

Makes two 5" x 9" loaves (14 slices per loaf)

2 eggs  
2 egg whites  
1 cup sugar  
½ cup walnut oil (or canola oil)  
½ cup unsweetened applesauce  
2 cups unpeeled, coarsely grated zucchini, drained slightly  
Zest of 1 lemon  
Juice of 1 lemon  
1 cup unbleached flour  
1 cup whole wheat flour  
1 cup oat bran  
½ cup flax seed meal  
½ tsp. salt  
1-1/2 tsp. baking soda  
4 tsp. baking powder  
1-1/2 cup frozen unsweetened Maine wild blueberries or any frozen unsweetened blueberries  
¼ c. chopped walnuts

Preheat the oven to 350˚. Beat the eggs and egg whites. Add the sugar and beat until well mixed. Add the oil and applesauce and beat. Add zucchini, lemon zest and juice; mix well.

In a separate bowl combine the flours, oat bran, flax seed meal, salt, baking soda and baking powder. Add to the wet ingredients and mix well. Gently fold in the frozen blueberries. Pour the batter into two greased and floured 5 by 9 inch loaf pans. Sprinkle 2 tablespoons of the chopped walnuts on the top of each loaf. Bake approximately 50
minutes or until a knife inserted in the center comes out clean. Remove from oven and cool in pan for 10 minutes. Remove loaves from pans and cool on wire rack.

Freezes well.

Nutritional Analysis per slice: Calories - 142; Protein - 4g; Carbohydrates - 18g; Fiber - 3g; Fat - 6g; Sat. fat - .5g; Omega 3 fat - .5g; Sodium 198 mg.