



DAIRY FREE SPICED ZUCCHINI CARROT BREAD

SUBMITTED BY: HANNAH GULLICKSON

Ingredients:

- 2 1/4 cups (550 mL) all-purpose flour
- 1 cup (250 mL) sugar
- 2 tsp (7 mL) ground cinnamon
- 1/4 tsp ground cloves
- 1 tsp ground nutmeg
- 1 tsp ground ginger
- 3/4 tsp (4 mL) baking soda
- 1/2 tsp (2 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1 cup (175 mL) finely chopped carrots
- 1 cup (175 mL) finely chopped zucchini
- 1/2 cup (125 mL) coarsely chopped walnuts
- 2/3 cup (150 mL) coconut oil
- 1/2 cup (125 mL) coconut milk
- 2 eggs, lightly beaten

Instructions:

(1) Preheat oven to 350°F (180°F). Brush bottom of Loaf Pan with coconut oil. In large bowl, combine flour, sugar, cinnamon, cloves, nutmeg, ginger, baking soda, baking powder, and salt. Add remaining ingredients; stir just until dry ingredients are moistened.

(2) Spoon batter into pan. Bake 65-70 minutes or until wooden pick inserted in center comes out clean. Remove from oven; cool in pan 5 minutes. Loosen sides of loaf from pan; remove loaf to cooling rack. Cool completely.

Yield:

1 loaf (12 slices)

12 servings of 1 slice