



Loaf – Apple Zucchini

Makes: 50+ child servings [4 loaves (40 slices)]

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7 ½ cups	whole wheat flour	1.9 L
2 cups	flax seed, ground	500 mL
2 tbsp	baking powder	30 mL
2 tsp	baking soda	10 mL
2 tsp	cinnamon, ground	10 mL
1 ½ cups	brown sugar	375 mL
8	eggs, beaten	8
1 cup	vegetable oil	250 mL
2 cups	yogurt, plain	500 mL
2 tsp	vanilla	10 mL
4 cups	zucchini, shredded	1 L
4 cups	apples, peeled and chopped	1 L

Instructions

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mix together flour, sugar, flax, baking soda, baking powder, and cinnamon.
3. In a separate bowl, combine eggs, oil, yogurt, and vanilla.
4. Add flour mixture to wet ingredients. Stir until just combined. Fold in zucchini and apples.
5. Line four 8 ½ X 4 inch (1.5L) rectangular loaf pans with parchment paper. For ease of removal, allow paper to hang over the edge of the pan on two sides.
6. Divide batter and press into pans with a fork.
7. Bake for 45 – 50 minutes until top is golden.

Note: Divide each loaf into 10 equal slices. Extra loaf can be frozen.

Nutrition Information

Serving ½ slice (40 g)

Calories	110
Fat	4 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	75 mg
Carbohydrates	16 g
	Fibre 2 g
	Sugars 5 g
Protein	3 g
	Calcium 50 mg
	Iron 1 mg

Food Guide Servings

¼ Vegetable & Fruit
½ Grain Product