

Zucchini Bread Recipe

2 egg whites
1 cup extra virgin olive oil (EVOO)
½ cup maple syrup
2 cups grated zucchini
2 teaspoons vanilla extract
1 cup spelt flour
1 cup whole wheat flour
3 teaspoons cinnamon
1 teaspoon salt
½ cup sunflower seeds
¼ cup chopped dates
½ teaspoon baking powder
1 teaspoon baking soda

Preheat oven to 350°F.

Using EVOO or [ghee](#), grease two 8×4 inch bread pans. Alternately, grease 24 muffin cups or use paper liners.

In a large mixing bowl, whisk together the eggs, oil, vanilla and maple syrup. Then mix in the zucchini.

In a separate bowl combine flour, cinnamon, baking powder, baking soda, and salt.

Stir dry ingredients into the egg mixture. Then stir in and chopped dates. Divide the batter into greased pans.

Bake loaves for 50-60 minutes or until a toothpick inserted into the middle comes out clean. Muffins will bake in approximately 20 to 25 minutes.

Yield: 2 loaves or 20-24 muffins