

Zucchini Banana Bread

Yield: 10 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/contest-winning-zucchini-banana-bread-recipe-southern>

Ingredients:

- 1 large egg
- 1/2 cup light brown sugar packed
- 1/3 cup coconut oil liquid-state, canola or vegetable may be substituted
- 1/4 cup granulated sugar
- 1/4 cup sour cream , lite is okay; or Greek yogurt may be substituted
- 2 teaspoons vanilla extract
- 1 cup all purpose flour plus additional if necessary, see step 4 in directions
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 pinch salt optional and to taste
- 1 cup zucchini grated, laid loosely in cup and not packed, about 1 medium/large trimmed zucchini; note – wring out zucchini in a pape...
- 1 cup bananas mashed ripe, about 2 medium/large bananas
- 1/2 cup walnuts raisins, etc., optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 7 grams
8. Sodium: 135 milligrams
9. Sugar: 18 grams

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