

Healthy Zucchini Bread

Yield: 4 min
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-zucchini-bread-recipe-with-greek-yogurt>

Ingredients:

- 1/2 cup vanilla Greek yogurt honey, we love Greek Gods brand
- 1/2 teaspoon vanilla extract
- 1 large egg
- 1/3 cup coconut oil
- 2 tablespoons honey
- 3 tablespoons mashed banana very ripe
- 1/2 cup packed brown sugar lightly
- 1/2 cup oat flour blended oats -- Note 1
- 1 cup white flour or use white-whole wheat
- 1 teaspoon baking soda
- 1/2 teaspoon fine sea salt or 1/4 tsp table salt
- 1 teaspoon canela
- 1 cup zucchini lightly packed grated, grated on large holes
- 1/2 cup chocolate chips or chopped nuts, optional

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 55 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 21 grams
8. Sodium: 660 milligrams
9. Sugar: 41 grams

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