

Whole Wheat Zucchini Bread

1 1/2 cup whole wheat flour
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon and allspice, ground
1/2 cup apple sauce, unsweetened
1/4 cup pineapple juice concentrate, unsweetened
1 lg. egg and 2 egg whites
3 tbsp. peach spreadable fruit
2 tsp. vanilla extract
1 1/2 cup zucchini (about 1 med.), shredded
6 pkts. sugar substitute

Preheat oven to 350°F. Spray 9" x 5" loaf pan with vegetable cooking spray; set aside. In large bowl, combine dry ingredients, egg, egg whites, fruit spread and vanilla. Pour liquid ingredients into dry and stir until just blended. Fold in zucchini. Pour into prepared pan. Bake 45-55 minutes or until toothpick inserted in center comes out clean. Cool on rack 10 minutes; remove from pan and cool completely. Makes 12 servings.

Nutrition information per serving: calories 80; protein 3 grams; fat 1 grams; sodium 98 mg