



Strawberry Quick Bread

Ingredients

- 1 1/3 cups sugar
- 2/3 cups canola oil
- 1 Tbsp arrowroot powder
- 1/4 cup unsweetened applesauce
- 1 1/2 cups mashed strawberries w/juice
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp lemon juice
- 1 tsp cinnamon
- 1 tsp vanilla
- 3 cups flour

Directions

- Preheat the oven to 400 degrees F.
- Grease a 9x5 loaf pan liberally.
- In a large bowl, mix the sugar and oil.
- In a smaller bowl, combine the arrowroot and applesauce, then add this to the larger bowl and stir.
- Stir the strawberries with juice into the sugar mixture.
- Add the baking soda, baking powder, and lemon juice, and whisk to combine evenly, without lumps.
- Stir in the vanilla and cinnamon.
- One cup at a time, add the flour and stir to incorporate into a smooth batter.
- Pour or ladle the batter evenly into the prepared loaf pan.
- Bake for 40 minutes on the top or middle rack.
- Remove to a wire rack and run a knife around the edges of the loaf.
- Allow to cool for at least 10 minutes before turning the loaf out to cool completely on the wire rack.

Prep Time

TOTAL TIME: 50 MINS

- Prep: 10 mins
- Cook: 40 mins

Nutrition per slice

- Fiber: 1 g; carbs: 30 g
- Sodium: 3% DV
- 0 g trans fat, cholesterol



Cinnamon Zucchini Bread

Ingredients

- 3/4 cup sugar
- 1/4 cup unsweetened applesauce
- 1/4 cup canola oil
- 1-1/4 cups shredded zucchini
- 1/2 cup raisins
- 2 Tbsp cornstarch
- 2 Tbsp water
- 3/4 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp nutmeg
- 1 tsp cinnamon
- 1 tsp vanilla
- 1-1/2 cups flour

Directions

- Preheat the oven to 350 degrees F.
- Grease an 8x4 or 9x5 loaf pan liberally.
- In a large bowl, mix the sugar, oil, and applesauce.
- Separately combine the cornstarch with water and stir into larger bowl.
- Stir zucchini and raisin into the bowl.
- Add the baking soda and baking powder, and whisk to combine evenly.
- Add salt, nutmeg, cinnamon, and vanilla.
- Add the flour, and stir until smooth.
- Pour the batter into the prepared loaf pan.
- Bake for 55 minutes on the middle rack.
- Remove to a wire rack and run a knife around the edges of the loaf.
- Allow to cool slightly, then turn the loaf out to cool completely on the wire rack.

Prep Time and Note

TOTAL TIME: 1 hour 10 mins Prep: 15 mins Cook: 55 mins

If you don't have a box grater, cube fresh zucchini slices and combine with 2-3 Tbsp water (leave the water out if the zucchini was frozen and thawed) in a blender or food processor instead.