

Sprouted Zucchini Bread

Source: simplecleanliving.com

Servings: 16

Ingredients:

- 1 ½ cups sprouted whole wheat or spelt flour
- 1 ½ tsp ground cinnamon
- ½ tsp baking soda
- ½ tsp sea salt
- ⅛ tsp baking powder, aluminum free
- dash of allspice
- 2 eggs
- ½ cup coconut oil, melted
- 1 cup sucanat or coconut sugar
- 1 cup zucchini-peeled and grated
- 1 tsp real vanilla extract

Instructions:

1. Preheat oven to 325 degrees F.
2. Grease a 9x5 loaf pan with extra virgin coconut oil or butter.
3. In a medium mixing bowl add the sprouted flour, cinnamon, baking soda, sea salt, baking powder and allspice and mix together. Set aside
4. In a large mixing bowl, add the whole egg and egg white and beat until slightly foamy.
5. Add the melted coconut oil and sucanat and mix.
6. Add the zucchini and vanilla extract and mix again.
7. Add the flour mixture to the wet ingredient mixture and mix well. Batter will appear lumpy.
8. Pour batter into prepared loaf pan.
9. Bake at 325 degrees F for 55-65 minutes. Bread will be done when a toothpick inserted into the center of the loaf comes out clean.