



HEAVENLY ZUCCHINI PINEAPPLE LOAF

INGREDIENTS

PREPARATION: 12 MINUTES

COOKING: 60 MINUTES

SERVINGS: 24

*2 cups zucchini, shredded
(about 2 medium)*
1/2 cup pineapple, crushed and drained
3 eggs
1/2 cup vegetable oil
3 tablespoons apple juice
3/4 cup sugar
1 teaspoon vanilla
1/4 cup unsweetened low fat yoghurt
1 teaspoon baking soda
3 cups all-purpose flour

Notes:

Lower in sugar and fat
but not on taste!

PREPARATION

- 1 Preheat oven to 375° F (190° C) (conventional oven).
- 2 Prepare zucchini and pineapple and let stand until ready to use.
- 3 In a large mixing bowl, prepare egg mixture by whisking together eggs, oil, apple juice, sugar and vanilla.
- 4 Measure yoghurt and add baking soda, stir to mix and let stand for 1 minute.
- 5 Squeeze excess water from zucchini and pineapple, add to egg mixture along with yoghurt and stir well.
- 6 Add flour to wet mix all at once and stir until just combined. (Too much stirring will make the loaf chewy!)
- 7 Pour into a greased and floured 9 x 5" (23 x 12.5cm) loaf pan. Bake for 60 minutes. Turn out and let cool on wire rack. Enjoy!

Nutrient Analysis

PER SERVING (1/24 of recipe)

Renal exchange:

1 Starch

Calories	144kcal
Protein	3g
Carbohydrates	21g
Fibre	0.8g
Total Fat	6g
Saturated Fat	0.6g
Cholesterol	21mg
Sodium	64mg
Potassium	82mg
Phosphorus	36mg