



## Blender-Batter Chocolate Chip Zucchini Bread



1/8th of recipe: 134 calories, 3g total fat (1.5g sat. fat), 270mg sodium, 30g carbs, 3g fiber, 7g sugars, 6g protein

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**Prep:** 10 minutes    **Cook:** 1 hour 15 minutes

**Cool:** 10 minutes



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### Ingredients

2 cups old-fashioned oats  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1/3 cup fat-free plain Greek yogurt  
1/3 cup Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)  
2 tbsp. brown sugar (not packed)  
1 tbsp. cinnamon  
2 tsp. baking powder  
1 tsp. vanilla extract  
1/2 tsp. baking soda  
1/8 tsp. nutmeg  
1/8 tsp. salt  
10 oz. (about 1 medium) zucchini, stem end removed  
3 tbsp. mini semi-sweet chocolate chips

### Directions

Preheat oven to 350 degrees. Spray a 9" x 5" loaf pan with nonstick spray.

In a blender, pulse oats to the consistency of coarse flour. Add all remaining ingredients *except* zucchini and chocolate chips. Blend until smooth and uniform, stopping and stirring as needed.

Grate zucchini and fold it into the batter, along with 1 1/2 tbsp. chocolate chips. Transfer to the pan, and smooth out the top.

Top with remaining 1 1/2 tbsp. chocolate chips, and lightly press to adhere. Bake until a knife inserted into the center comes out clean, about 1 hour and 15 minutes. Let cool for 10 minutes before slicing.

#### MAKES 8 SERVINGS

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