



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

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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