



Zucchini Walnut Blender Bread



1/8 of recipe: 132 calories, 4g total fat (0.5g sat. fat), 297mg sodium, 35g carbs, 3g fiber, 4g sugars, 6g protein

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Prep: 10 minutes **Cook:** 50 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
2/3 cup natural no-calorie sweetener that measures like sugar
2 tbsp. brown sugar
1 tbsp. cinnamon
2 tsp. baking powder
1 1/2 tsp. vanilla extract
1/2 tsp. baking soda
1/4 tsp. ground nutmeg
1/4 tsp. salt
10 oz. (about 1 medium) zucchini, stem end removed
1 oz. (about 1/4 cup) chopped walnuts

Directions

Preheat oven to 350°F. Spray a 9"x5" loaf pan with nonstick spray.

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

Grate zucchini and fold it into the batter, along with 1/2 oz. (about 2 tbsp.) walnuts. Transfer to the pan, and smooth out the top.

Top with remaining 1/2 oz. (about 2 tbsp.) walnuts, and lightly press to adhere. Bake until a knife inserted into the center comes out clean, about 50 minutes.

Let cool for 10 minutes before slicing.

MAKES 8 SERVINGS

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