

Zucchini Bread

When the zucchini are plentiful it is time to make zucchini bread. Here's a good one that's not too sweet. If you would like it a bit sweeter make the Cream Cheese Maple Butter to serve with the bread.

1 1/2C shredded zucchini, no need to peel
1 C brown sugar, firmly packed
1 egg, slightly beaten
1/4 C oil, canola is good, something with very little flavor
1/4 C maple syrup
1 t vanilla
2 C flour, (I use 1C unbleached flour and 1C white whole wheat flour)
1/2 t salt
1/2 t baking powder
1/2 t ginger
1/2 C chopped nuts, walnuts are good and so are pecans, if you have them try black walnuts
1/2 C chopped dates or 1/2 C raisins

Preheat oven to 325F. Grease an 9x5 loaf pan.

In a large bowl, combine zucchini, brown sugar, egg, oil, syrup and vanilla; beat well. In another bowl mix together the dry ingredients through the ginger. Add dry ingredients to the zucchini mixture. Thoroughly combine. By hand stir in the nuts and dates or raisins. Pour into greased pan. Bake 60-70 minutes until loaf tests done by inserting a thin bladed knife into the center of the loaf. There should be some moist crumbs clinging to the knife when you remove it from the loaf. Remove from oven and let cool 10 minutes. Remove from pan and allow to cool completely on a wire rack.

Cream Cheese Maple Butter

4 oz cream cheese, room temperature
1/8 C butter, softened
1 1/2 T maple syrup
1/2 T brown sugar

Cream all ingredients together in a small bowl until light and fluffy. Transfer to a serving dish and serve alongside the loaf.