

Zucchini Bread with Toasted Hazelnuts

Serves 8

This bread is so sweet and aromatic; it can be used as a dessert. The toasted hazelnuts add a nice crunchy texture. I've made it as mini-muffins to serve as hors d'oeuvres.



Ingredients:

- 1/4 cup hazelnuts
- 1 1/2 cups flour
- 4 1/2 tsp. flax seeds
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 1/4 tsp. baking powder
- 2 tsp. ground cinnamon
- 1/4 tsp. arrowroot (or cornstarch)
- 1/2 cup unsweetened applesauce
- 1/2 cup sugar
- 1/2 cup packed brown sugar
- 6 Tbsp. vegetable oil
- 1 tsp. vanilla extract
- 1 medium small zucchini (makes 1 1/4 cups shredded)

Equipment:

- Box grater or food processor with shredding blade
- 9 x 5-inch Loaf pan
- Non-stick spray
- Nut chopper
- Toothpick
- Cooling rack

Zucchini Bread:

<input checked="" type="checkbox"/>	Directions	Time (min)	
	Preheat oven to 325	19	
	Toast 1/4 cup hazelnuts on a pan in a toaster oven or in the oven	5	
	Roll toasted nuts in paper towel to remove most of the husks. Chop coarsely.	2	
	Spray loaf pan with non-stick cooking spray	1	
	Whisk together 1 1/2 cups flour, 4 1/2 tsp. flax seeds, 1/2 tsp. salt, 1/2 tsp. baking soda, 1/4 tsp. baking powder, 2 tsp. cinnamon, 1/4 tsp. arrowroot, and 1/4 cup chopped hazelnuts	2	
	In another bowl, whisk together 1/2 cup applesauce, 1/2 cup sugar, 1/2 cup brown sugar, 6 Tbsp. oil, and 1 tsp. vanilla	2	
	Rinse the zucchini and then trim the bottom end	1	
	Shred zucchini into the wet ingredients and stir	3	
	Mix wet and dry contents	2	
	Transfer mixture to loaf pan	1	
	Bake in oven (35 minutes for minimuffins)		70
	Insert and extract a toothpick to test for doneness. No uncooked batter should show on the toothpick.	1	
	Tip loaf onto cooling rack	1	
	Cool for 10 min		10
	Total		1 3/4 hrs.