

## Whole Grain Chocolate Quickbread

*This recipe is a good source of vitamin A, which helps keep skin and eyes healthy.*

### Ingredients:

- 2 1/3 cups whole wheat flour
- 1 1/2 cups sugar
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 teaspoons baking soda
- 1/4 teaspoon baking powder
- 1/2 cup unsweetened cocoa powder
- 1/2 cup chocolate chips
- 3 large eggs
- 1/2 cup vegetable oil
- 1/2 cup apple sauce
- 2 teaspoons vanilla extract
- 2 cups unpeeled, grated zucchini (about 1 pound)
- 1 cup peeled, grated carrot

### Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine flour, sugar, salt, cinnamon, baking soda, baking powder, cocoa, and chocolate chips.
3. In a medium bowl, whisk eggs slightly. Whisk in oil, applesauce and vanilla. Stir in grated zucchini and carrots.
4. Add to dry ingredients and mix together thoroughly.
5. Pour into 2 lightly sprayed or oiled 4 \_ by 8 \_ by 2 \_ inch loaf pans. Bake until a toothpick inserted in the center comes out clean, about 50-55 minutes.
6. Cool in pan on rack for 10 minutes. Run knife around edges and remove bread from pans. When cool, wrap in aluminum foil to store.

**Tips:** This recipe also works well without the cocoa powder and chocolate chips but 1/2 cup more flour is needed. This recipe freezes well.

### Bright Ideas:

Nutrition Facts	
Serving Size 1 slice (60g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 13g	
<b>Protein</b> 3g	
Vitamin A 15%	Vitamin C 4%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

24 servings

Source: Juleeanna Andreoni, Clackamas Co. Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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