

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Zucchini Bread

Adapted from [foodnetwork.com](http://foodnetwork.com)

Substituting spelt flour for the all-purpose flour, cutting the sugar in half, and using a less processed, more natural sugar makes a healthier version of zucchini bread. You can also substitute agave nectar for the sugar and mix it in with the rest of the wet ingredients for an even healthier bread.

Yield: 2 loaves

3 ¼ cups whole spelt flour  
1 teaspoon salt  
1 teaspoon ground nutmeg  
2 teaspoons baking soda  
1 teaspoon ground cinnamon  
1 ½ cups all natural cane, or raw, sugar  
1 cup vegetable oil  
4 eggs, beaten  
1/3 cup water  
2 cups grated zucchini  
1 teaspoon lemon juice  
1 cup chopped walnuts or pecans

Preheat oven to 350 degrees F. In a large bowl, combine flour, salt, nutmeg, baking soda, cinnamon and sugar. In a separate bowl, combine oil, eggs, water, zucchini and lemon juice. Mix wet ingredients into dry, add nuts and fold in. Bake in 2 standard loaf pans, sprayed with nonstick spray and lined with parchment paper (for easy clean-up), for 1 hour, or until a tester comes out clean. Alternately, bake in 5 mini loaf pans for about 45 minutes.