

PREPARATION: 20 MINUTES

COOKING: 60 MINUTES

SERVINGS: 24

HEAVENLY ZUCCHINI PINEAPPLE LOAF



Nutrient Analysis		
PER SERVING: 1/24 of recipe		
RENAL EXCHANGE: 1 Starch + 1 Fat		
Calories	138 Kcal	Sodium 65 mg
Protein	3 g	Potassium 81 mg
Total Carbohydrate	19 g	Phosphorus 40 mg
Fiber	1 g	Calcium 14 mg
Sugars	8 g	Iron 1 mg
Fat	5 g	Magnesium 8 mg
Saturated	1 g	Vitamin C 3 mg
Cholesterol	23 mg	

Diet Types	
<input checked="" type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

HEAVENLY ZUCCHINI PINEAPPLE LOAF

INGREDIENTS

2 cups zucchini, shredded
(about 2 medium)

½ cup pineapple, crushed and
drained

3 eggs

½ cup vegetable oil

3 tablespoons apple juice

¾ cup sugar

1 teaspoon vanilla



¼ cup unsweetened low fat yogurt

1 teaspoon baking soda

3 cups all-purpose flour

PREPARATION

- 1 Preheat oven to 375°F (conventional oven).
- 2 Prepare zucchini and pineapple and let stand until ready to use.
- 3 In a large mixing bowl, prepare egg mixture by whisking together eggs, oil, apple juice, sugar and vanilla.
- 4 Measure yogurt and add baking soda, stir to mix and let stand for 1 minute.
- 5 Squeeze excess water from shredded zucchini and pineapple, add to egg mixture along with yogurt and stir well.
- 6 Add flour to wet mix all at once and stir until just combined. (Too much stirring will make the loaf chewy!)
- 7 Pour into a greased and floured 9 × 5" loaf pan. Bake for 60 minutes.
- 8 Turn out and let cool on wire rack.

Enjoy!

NOTE

✓ *Lower in sugar and fat but not on taste!*

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