

Pineapple Zucchini Bread

If zucchini bread couldn't get any better... Incorporating pineapple in this zucchini bread is the perfect way to add freshness and sweetness. The walnuts and cinnamon bring crunch and spice to this delicious combo.

Yield: 10 servings

Serving Size: 1 slice

Ingredients:

- Butter for greasing the pan, 1 to 2 teaspoons
- 3/4 cup walnut halves or pieces
- 2 cups grated zucchini, about 10 ounces
- 1/2 cup crushed pineapple, canned in pineapple juice
- 1 1/2 cup all-purpose flour
- 1/2 cup granulated sugar
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg (optional)
- 1/2 cup canola oil
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 tablespoon honey (optional)

Instructions:

1. Preheat the oven to 350°F. Grease a loaf pan with butter.
2. Place walnuts on a baking sheet and bake in the oven until lightly toasted, about 5 minutes. Transfer to a cutting board and let cool, then coarsely chop.
3. Place the grated zucchini in a clean kitchen towel or double layer of paper towels and wring until dry over the sink or a bowl. Place the pineapple in a fine-mesh strainer and drain over a bowl, pushing to press out the extra juices.
4. Combine flour, sugar, cinnamon, baking soda, baking powder, salt, and nutmeg in a large bowl.
5. In a medium bowl, whisk to combine the canola oil, eggs, and vanilla. Then stir in the pineapple and zucchini.
6. Add wet ingredients to the dry, then gently stir in the walnuts. The batter will be dense and a little hard to mix at this point. Pour batter into the loaf pan. Drizzle with honey and use a toothpick to swirl the honey into the top of the loaf, if using. Bake until a toothpick inserted in the center comes out clean, 60 minutes.
7. Cool in the pan for 20 minutes, then use a knife to cut around the edges and transfer the bread to a cooling rack. Let cool for at least another 15 minutes longer before slicing and serving. Store, tightly wrapped, in the freezer for up to one month.

Per serving: Calories 293 kcal, Carbohydrates 29g, Protein 4g, Sat Fat 2g, Sodium 257mg, Added Sugars 13g

This recipe was adapted from <https://www.52newfoods.com/pineapple-zucchini-bread/>

