

## Carrot Zucchini Bread

1 cup unsweetened applesauce  
3/4 cup shredded carrots  
3/4 cup shredded peeled zucchini  
1/2 cup sugar  
1/2 cup egg substitute  
1 1/2 teaspoons pumpkin pie spice  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
3 cups all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
3/4 cup orange juice

1. Preheat oven to 350°F (175°C). Grease and flour two 8 x 4-inch loaf pans. Set aside.
2. In a large mixing bowl combine the first 8 ingredients.
3. Combine flour, baking powder, baking soda and salt; add alternately with orange juice to carrot mixture.
4. Pour batter into prepared loaf pans.
5. Bake for 45 minutes or until bread tests done. Cool for 10 minutes in pan on wire rack; remove from pans and cool completely on wire rack.

Makes 2 loaves.(16 slices each)

### **Nutritional Analysis:**

1 slice equals:  
68 calories  
15 gm carbohydrate  
trace fat.