

Lifestyle Coaching and Food Institute



Chocolate Chip Zucchini Squares

Yield: 24 servings Cost Per Serving: N/A

Cook Time: 1 hour and 15 minutes

Ingredients:

- 3 cups white whole wheat flour
- 1 tsp salt
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp baking soda
- ½ tsp baking power
- ¾ cup egg substitute or 3 eggs
- ³/₄ cup sugar

- ³/₄ cup light brown sugar
- ½ cup vegetable oil
- ½ cup unsweetened applesauce
- 2 tsp vanilla extract
- 6 cups shredded zucchini, with skin (5 medium about 1 ½ pounds)
- 1 cup semisweet chocolate chips

Directions:

- 1. Preheat oven to 350°F. Spray 9 x 13 inch glass pan with cooking spray.
- 2. Sift together flour, salt, cinnamon, nutmeg, baking soda, and baking powder into a medium bowl.
- 3. Beat the egg substitute in a large bowl until light and fluffy. Add the granulated and brown sugars and beat until well blended. Stir in the oil, applesauce, vanilla, zucchini, and chocolate morsels until well blended. Stir in the flour mixture until blended, avoid overmixing. Pour into the pan.
- 4. Bake for 60 minute or until a knife inserted into the center comes out clean.
- 5. Cool in the pan on a wire rack for 5 minutes. Place the rack on the top of the pan and carefully invert so the cake is on the rack. Let cool to room temperature before cutting.

Recipe adapted from: "The Ultimate Volumetrics Diet" by Barbara Rolls PhD