



Warming Breakfast Loaf

Makes a 9 x 5 loaf cake, enough for 10 nice slices

Ingredients

- 1 cup granulated sugar
- ½ cup avocado oil (canola works too, but I avoid it)
- 2 large eggs
- 1 teaspoon pure vanilla extract
- ½ teaspoon ground cinnamon
- ½ teaspoon fine sea salt
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- 1 ½ cups all-purpose flour
- ½ cup grated zucchini
- ¼ cup grated carrot
- ¼ cup mashed banana
- ½ cup pecans, chopped

Instructions

Preheat the oven to 375 degrees with an oven rack in the center of the oven.

Spray a 9 x 5 bread pan with nonstick spray. I always put a piece of parchment paper that fits the bottom in there, and then spray the parchment again.

In a large bowl combine the sugar, oil, eggs, vanilla, cinnamon and salt, until the mixture is smooth.

Stir in the flour mixed with baking soda and baking powder. Then stir in the zucchini, carrots, banana and walnuts until mixed.

Scrape the batter into your prepared loaf pan.

Bake for 50 to 60 minutes or until a toothpick inserted into the center comes out clean.

Place the bread pan on a cooling rack for ten minutes and then gently turn the pan over to remove the loaf. Serve warm with salted butter. Leftovers are great toasted the next day.

Enjoy!