

# Chocolate Chip Zucchini Squares

Yields 24 servings one 2 inch square each

## 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 powder
- ¾ cup egg substitute (or 3 eggs)
- ¾ cup sugar (or ¼ cup Swerve® plus ¼ cup sugar)
- ¾ cup light brown sugar (or ¼ cup brown sugar Swerve® plus ¼ cup light brown sugar)
- ½ cup vegetable oil
- ½ cup unsweetened applesauce
- 2 tsp pure vanilla extract
- 6 cups shredded zucchini, with skin (5 medium, about 1 ½ pounds)
- 1 cup semisweet chocolate mini morsels

## Directions:

1. Preheat oven to 350°. 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

Nutrition Information per serving (not using egg or Swerve® substitutions)

Calories 200 – Calorie Density 2.4 – Fat 8 gm – Protein 4 gm – Fiber 2gm

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