



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Whole Wheat Pumpkin, Carrot, Zucchini, Maple Walnut Bread

Serves 8-12

Ingredients:

- 1 cup zucchini (shredded)
- 1 cup carrots (shredded)
- ½ cup coconut sugar
- 1/3 cup pumpkin puree
- ¼ cup maple syrup
- 1 tsp vanilla extract
- 2 eggs
- 1.5 cup whole wheat flour
- 1 cup walnuts (chopped, divided)
- 4 tsp baking soda
- 1 tsp cinnamon
- ½ tsp salt



Directions:

1. Preheat oven to 350 degrees F. Grease one 9x5 inch loaf pan with canola oil or cooking spray.
2. In a large bowl, mix together zucchini, carrot, pumpkin, sugar, maple syrup, vanilla, and eggs.
3. In a medium bowl, whisk together flour, baking soda, salt and cinnamon until combined.
4. Stir dry ingredients into wet ingredients until well combined. Fold in walnuts, saving about ¼ cup for topping.
5. Pour batter into pan and top with leftover walnuts. Bake 70-80 minutes, or until a toothpick inserted into the center comes out clean. Cook for 10 minutes before removing from pan.

Nutrition Tips:

1. If you have a walnut allergy or simply don't love walnuts, substitute this ingredient for a different heart-healthy nut/legume such as almonds, pecans, or peanuts.
2. Using canola oil in place of butter or vegetable lard is one simply way to switch towards using more heart-healthy oils, rich in monounsaturated and polyunsaturated fats which may help reduce your LDL (bad) cholesterol and increase HDL (good) cholesterol.
3. This bread recipe freezes well. Consider doubling the recipe and freezing the second loaf.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.