

# Carrot Zucchini Bread

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## Ingredients:

3 egg whites, whipped.  
½ cup of applesauce, room temperature.  
½ cup of orange juice, room temperature.  
1 teaspoon of orange extract.  
2 teaspoons of vanilla.  
2 cups of zucchini, grated.  
1 cup of carrot, grated.  
3 cups of flour.  
½ cup of sugar.  
1 tablespoon of cinnamon.  
½ teaspoon of salt.  
½ teaspoon of baking powder.  
½ teaspoon of baking soda.

## Preparation:

Preheat your oven to 350°F (175°C).

Prepare pans with cooking spray and flour.

In a suitably sized mixing bowl, combine the egg whites, applesauce, orange juice, orange extract, vanilla, grated zucchini and grated carrots.

In another mixing bowl, combine the flour, sugar, cinnamon, salt, baking powder and baking soda.

Mix wet ingredients with dry ingredients just until moistened.

Pour the batter into your pan and bake for 60 minutes.