

# Tropical Zucchini Loaf

*Moist and delicious—the perfect choice for a buffet table or a sweet snack.*

All-purpose flour	2 cups	500 mL
Baking soda	1 tsp.	5 mL
Baking powder	1/2 tsp.	2 mL
Ground cinnamon	1/4 tsp.	1 mL
Ground allspice	1/8 tsp.	0.5 mL
Ground cloves	1/8 tsp.	0.5 mL
Large eggs	2	2
Granulated sugar	1 cup	250 mL
Cooking oil	1/3 cup	75 mL
Vanilla extract	1 tsp.	5 mL
Salt	1/2 tsp.	2 mL
Can of crushed pineapple, drained	14 oz.	398 mL
Grated unpeeled zucchini	1 cup	250 mL
Medium sweetened coconut	1/2 cup	125 mL

Measure first 6 ingredients into large bowl. Stir. Make a well in centre.

Combine next 5 ingredients in medium bowl until smooth.

Add remaining 3 ingredients. Stir. Add to well. Stir until just moistened. Spread in greased 9 × 5 × 3 inch (22 × 12.5 × 7.5 cm) loaf pan. Bake in 350°F (175°C) oven for about 1 hour until wooden pick inserted in centre comes out clean. Let stand in pan for 10 minutes before removing to wire rack to cool. Cuts into 16 slices.

*1 slice: 185 Calories; 6.4 g Total Fat (3.1 g Mono, 1.6 g Poly, 1.3 g Sat); 27 mg Cholesterol; 30 g Carbohydrate; 1 g Fibre; 3 g Protein; 181 mg Sodium*

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