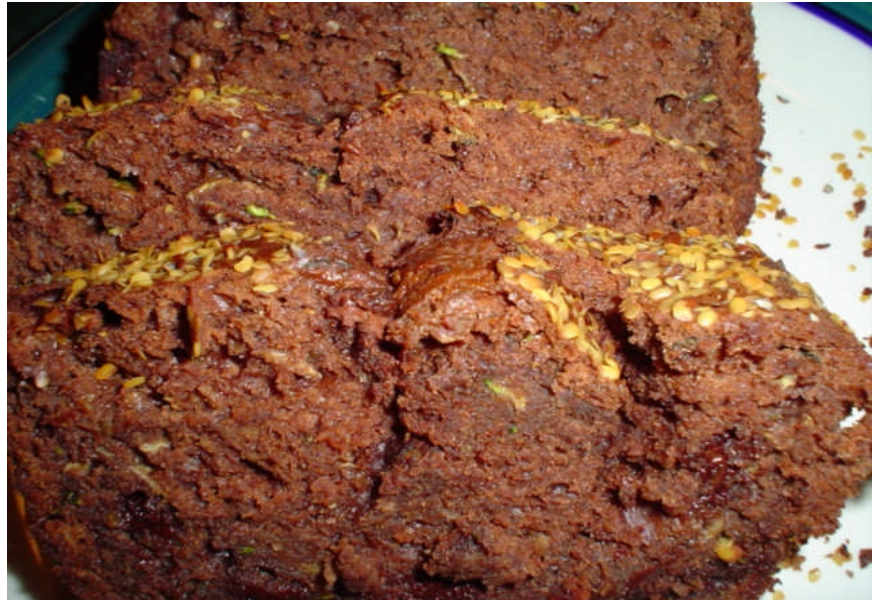




Double Chocolate Zucchini Bread

2 cups grated zucchini (2 small)
3 cups flour
1 cup **Natunola® health's delight Shelled Flax Meal**
 $\frac{1}{2}$ cup cocoa
1 $\frac{1}{2}$ cups sugar
1 tsp. baking soda
 $\frac{1}{2}$ tsp. baking powder
 $\frac{3}{4}$ tsp. salt
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. nutmeg
1 cup canola oil
 $\frac{1}{2}$ cup applesauce
3 eggs
1 $\frac{1}{2}$ cups milk
2 tsp. vanilla extract
1 cup miniature semisweet
chocolate chips
 $\frac{1}{4}$ cup **Natunola® health's delight Shelled Flax Kernel**



Preheat oven to 350°. Grease two 8" x 4" loaf pans. Grate the zucchini and set aside. In a large bowl mix together the flour, **Natunola® health's delight Shelled Flax Meal**, cocoa, sugar, baking soda, baking powder, salt, cinnamon and nutmeg. In a separate bowl combine the canola oil, applesauce, eggs, milk and vanilla extract. Add the grated zucchini. Stir the zucchini mixture into the dry ingredients until just blended. Stir in the chocolate chips and **Natunola® health's delight Shelled Flax Kernel**.

Pour batter into prepared pans. If desired sprinkle tops of loaves with additional **Natunola® health's delight Shelled Flax Kernel**. Bake for 1 hour and 15 minutes or until a toothpick inserted into the center of the bread comes out clean. Cool on a rack for 10 minutes then remove from pans and cool completely.

Makes 2 loaves.