DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Amelie White				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☐ Side Dishes	☒ Healthy Desserts
COUNTY	Rusk			
AGE DIVISION	☐ Junior	☐ Intermediate	☒ Senior	

Name of Recipe: Zucchini Bread		
Prep Time: 30 minutes	**Cook Time:** 50 minutes	**Cost:** $8.56

Type Recipe Here:

Zucchini Bread

15-20 fresh dates
1 cup coconut oil
2 eggs
½ cup honey
2 teaspoons vanilla
2 cups grated zucchini
3 cups whole wheat flour
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon baking soda
¼ teaspoon baking powder
1 cup dark chocolate chips

1. Remove any pits from dates, place in blender with a small amount of water and blend to make a thick paste. Add water as needed to make it easy to blend.
2. Measure one cup of the date paste and put in large mixing bowl.
3. Melt the coconut oil until liquid consistency. Add to bowl.
4. Add eggs, honey, vanilla and zucchini, and mix until combined.
5. Mix in baking soda, salt, cinnamon, baking powder, and flour.
6. Stir in chocolate chips
7. Preheat oven to 350 degrees Fahrenheit.
8. Grease and flour two 9x5 bread pans.
9. Divide bread batter evenly into your pans.
10. Bake for 50-60 minutes until toothpick inserted in center comes out clean.

One loaf serves 12 people, yield two loves.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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