



Basil, Zucchini Flowers & Chillies
by Sarina Baker

- 1 1/2 CUPS ALL-PURPOSE FLOUR
- 1 PACKAGE JELL-O SUGAR FREE INSTANT VANILLA PUDDING
- 1/2 CUP POURABLE SUGAR SUBSTITUTE (SUCH AS SPLENDA)
- 1 TEASPOON BAKING POWDER
- 1/2 TEASPOON BAKING SODA
- 1/4 TEASPOON SALT
- 1 TEASPOON GROUND CINNAMON
- 1/4 CUP (1 OZ) CHOPPED WALNUTS
- 1/2 CUP TABLESPOONS RAISINS
- 1 CUP SHREDDED UNPEELED ZUCCHINI
- 1/2 CUP UNSWEETENED APPLESAUCE
- 1-EGG--BEATEN, OR EQUIVALENT EGG SUBSTITUTE
- 1 TEASPOON VANILLA EXTRACT

PREHEAT OVEN TO 375 DEGREES. SPRAY A 9X5 INCH LOAF PAN WITH BUTTER FLAVORED COOKING SPRAY. IN A LARGE BOWL, COMBINE FLOUR, DRY PUDDING MIX, SWEETENER, BAKING POWDER AND SODA, CINNAMON AND SALT. STIR IN WALNUTS, RAISINS, AND ZUCCHINI. IN A SMALL BOWL COMBINE APPLESAUCE, EGG AND VANILLA. ADD THIS MIXTURE TO THE FLOUR MIXTURE. MIX UNTIL JUST COMBINED. EVENLY SPREAD BATTER INTO PREPARED LOAF PAN. BAKE 55 TO 65 MINUTES. COOL ON RACK FOR 10 MIN. REMOVE AND CONTINUE COOLING ON WIRE RACK.

CUT INTO 8 THICK SLICES OR 16 THIN SLICES.

1 thick slice = 3 Weight Watcher points

