



**Strength in Plants** *By Kate Murray*

# The rule for healthy cooking: every ingredient matters

**W**HILE THE epidemic of chronic disease continues to sweep our country, every day we learn more about how industry lamentably influences the government's health recommendations. Those government guidelines directly affect the everyday lives of millions of Americans, from our hospitals to our military and, perhaps the most disheartening, our schools.

Ironically, these guidelines promote sickness, not health. The bottom line is, this didn't happen by accident. It happened by choice and by complacency. It's time to renew our commitment to what is best for our children, and make choices to support that vision.

This week's recipe is for zucchini bread (or muffins or cake, call it whatever you like), and the rock star ingredient is the zucchini. The other ingredients are "A-list" ingredients, too. You won't find anything unpronounceable or difficult to find, only ingredients that promote balance and wellness.

My biggest challenge in writing the column Strength in Plants is that I know readers are time-pressed and indoctrinated in mainstream thinking about health, diet and disease. We used to believe cooking from scratch was the way toward health. While this is partially true, I think it's important to point out that in 2014, every ingredient matters.

If you bake a zucchini bread from scratch but use ingredients like flour, sugar, eggs, and butter, you've only further sequestered the toxicity that would otherwise not occur with the consumption of better ingredients. We can make change happen right here in our local communities, and move toward a greener, healthier, lifestyle.

Science has proven over and over that diseases like cancer

## Zucchini bread

### DRY INGREDIENTS

1/2 cup brown rice flour  
1/2 cup bread flour  
(or you can sub all purpose flour)  
3-4 tablespoon light brown sugar  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1/4 teaspoon nutmeg  
1/2 teaspoon salt  
1/2 cup chopped walnuts  
1 tablespoon cocoa powder  
1 cup mini-chocolate chips (optional)

*Note: You can delete the cocoa powder and mini-chips and use raisins instead.*

### WET INGREDIENTS

1/2 cup unsweetened applesauce  
1/3 cup almond milk  
1 teaspoon apple cider vinegar  
1 medium zucchini (about 2 cups), scrubbed, skin on, cubed or shredded

### PREPARATION:

Preheat your oven to 350. I like to process the wet ingredients in my food processor first. It will be a fairly thick and creamy consistency. Add the dry ingredients and blend together to desired consistency. Fold in chocolate chips last. The biggest difference in

and cardiovascular diseases cannot only be stopped, but reversed. It's time we realize as a society that disease is much more about lifestyle choice than it is about genes. Take the time to educate yourself, if not for yourself, for your children and future generations.

Let me introduce you to a healthier zucchini bread. When you remove the eggs, butter, oil,

Zucchini bread can be a healthier snack with a few key ingredient substitutions.



SPECIAL TO THE READING EAGLE. KATE MURRAY

preparation is the baking time in the oven, which depends on whether you are baking muffins, bread, or a cake. The muffins take the least amount of time at about 40-50 minutes. The loaf pan takes the most, 50-55 minutes. The cake pan fares in between, at about 45 minutes.

Keep it on the middle rack; it will not burn even though it seems like it's getting dark. The inside remains moist from the applesauce, and it does need to remain in the oven longer than traditional

cupcakes, muffins, or breads that use eggs.

The most important part of the recipe is to allow it to cool completely before attempting to slice through it.

This recipe needs time to set when it comes out of the oven, so try to resist the urge to slice into it while it's still warm because you'll encounter a sticky mess. Let it set, even refrigerate, and it will set up nicely and remain moist.

Enjoy for breakfast, afternoon tea or dessert.

and white sugar, you're left with something much healthier and more satisfying. Something you can feel good about snacking on and packing in your child's lunch. You could also bake this in a cake pan and call it a cake, pour it in cupcake liners and call it cupcakes, or, you could bake it in a bread loaf and call it a bread. Whatever method you prefer, you'll find the same deli-

cious taste, and perhaps most importantly, the same healthy ingredients. That's right, these are the A-list ingredients that actually promote health instead of hindering it. Eating healthy never tasted so delicious. Bon appetit! ☺

*Kate Murray is certified in plant-based nutrition and the author of "A Silent Cure in My Back Yard." Find more recipes at: [lencure.org](http://lencure.org).*