



THE
BLACKBERRY
HERBARIUM'S
SUNBREAD

100% bioregional zucchini bread, with optional sun kissed mixins. We love raisins, sunflower seeds and walnuts, but use what you have!

a valley friendly garden harvest bread





SUNBREAD

INGREDIENTS

WET INGREDIENTS

1/2 cup organic sunflower oil (Century Sun Oil)

2 organic, free range eggs

3/4 cup maple syrup (highland county maple syrups are wonderful)

1 cup shredded zucchini (about 1 medium zucchini, shredded with peel on)

DRY INGREDIENTS

1.5 tsp organic/no spray tulsi leaf powder (grind with a mortar and pestle)

1.5 cup organic flour

1/4 tsp salt

1/2 tsp baking soda

OPTIONAL ADD INS (we use all of these)

1/2 cup walnuts

1/2 cup sunflower seeds

1/2 cup raisins



SUNBREAD

DIRECTIONS - 60-80 MINS

- 1. Preheat Oven to 325**
- 2. Mix all wet ingredients in medium bowl and set aside**
- 3. Mix all dry ingredients in large bowl, stirring well**
- 4. Combine wet ingredients into large mixing bowl with dry ingredients, just until evenly coated.**
- 5. Add optional add ins**
- 6. Bake in breadloaf pan for 60-80 minutes, until lightly browned on the top. Serve warm or cold!
(Let cool at least 15 minutes before serving)**