

Zucchini Bread Recipes

1 Bowl Vegan Zucchini Bread Recipe

15 min Prep time	**50 min** Cook time	**1 h 5 min** Total time
10 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Zucchini Bread

- ▢ 1 tbsp ground flaxseed
- ▢ 3 tbsp water
- ▢ 1 ½ cups whole wheat pastry flour (or 1:1 gluten-free blend)
- ▢ ½ cup coconut sugar or brown sugar
- ▢ 1 tsp baking soda
- ▢ ½ tsp baking powder
- ▢ 1 ½ tsp ground cinnamon
- ▢ ½ tsp ground nutmeg
- ▢ ½ tsp fine sea salt
- ▢ 1/3 cup melted coconut oil or other neutral oil
- ▢ 1/3 cup pure maple syrup
- ▢ 1 tsp vanilla extract
- ▢ 1 ½ cups packed grated zucchini (from about 1 medium zucchini)
- ▢ ½ cup chopped walnuts (optional)

Instructions

1. First, let's get the oven ready and prepare our flax egg. Preheat your oven to 350°F (175°C) and lightly grease a 9x5-inch loaf pan. In a large mixing bowl—our only bowl for this recipe, yay!—whisk together the ground flaxseed and water. Let it sit for about 5 to 10 minutes to thicken up. You'll see it transform into a gel-like consistency. This is the quiet moment where you can grate your zucchini and just set it aside for a bit.

2. Now, back to our bowl with the thickened flax egg. Pour in the melted coconut oil, maple syrup, and vanilla extract. Whisk everything together until it's smooth and emulsified. It's so satisfying to see it all come together. Next, add the whole wheat pastry flour, coconut sugar, baking soda, baking powder, cinnamon, nutmeg, and salt directly into the same bowl. No need to mix the dry ingredients separately!

3. Using a spatula, gently fold the dry ingredients into the wet ingredients. Be careful here—you want to mix only until you no longer see big streaks of flour. A few little pockets are fine. Over-mixing is the enemy of a tender quick bread! Now, gently fold in the grated zucchini and the chopped walnuts, if you're using them. The batter will be wonderfully thick and speckled with green. The aroma is already incredible, isn't it? Almost like a lovely cinnamon cake batter.

4 Carefully scrape the batter into your prepared loaf pan and use your spatula to smooth the top. Pop it into the preheated oven and bake for 45-55 minutes. The top should be golden brown and a toothpick inserted into the center should come out clean. Let the bread cool in the pan for about 15 minutes before you gently turn it out onto a wire rack. Please, and this is important, let it cool completely before slicing. It will hold together so much better. Then, you can finally cut a thick slice and enjoy your beautiful creation.

Nutrition per serving

210 kcal	4 g	28 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- The most important tip I can give you is not to over-mix the batter. The moment the last streak of flour disappears, stop stirring. This ensures a tender, light crumb instead of a dense, tough bread. It’s a gentle process, so treat the batter with a light hand.
- Feel free to customize your add-ins! Dairy-free chocolate chips, pecans, pumpkin seeds, or even a handful of shredded coconut would be delicious additions. Just keep the total amount of add-ins to about ½ to ¾ cup so you don't weigh down the batter too much.
- Patience during cooling is key. I know it’s tempting to slice into it while it's warm, but letting it cool completely on a wire rack allows the crumb to set properly. This makes for cleaner slices and a better overall texture. It’s worth the wait, I promise!