

Zucchini Bread Recipes

Air Fryer Zucchini Bread: Healthy Quick Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 1 ½ cups whole wheat flour
- [ ] 1 teaspoon baking powder
- [ ] ½ teaspoon baking soda
- [ ] 1 teaspoon ground cinnamon
- [ ] ½ teaspoon salt

Wet Ingredients

- [ ] 2 large eggs
- [ ] ½ cup maple syrup or honey
- [ ] 1/3 cup melted coconut oil
- [ ] 1 teaspoon vanilla extract

Main Ingredients

- [ ] 1 ½ cups grated zucchini (squeezed dry)
- [ ] Optional: ½ cup chopped walnuts or chocolate chips

Instructions

1. Start by preparing your zucchini. Wash it thoroughly and trim off the ends. Using the large holes on a box grater, grate the zucchini into a bowl. This part always feels so satisfying - watching those green ribbons pile up. Then, place the grated zucchini in a clean kitchen towel or several layers of paper towels. Squeeze firmly over the sink to remove as much liquid as possible. This step is crucial for getting the right texture in your bread. Measure out 1 ½ cups of the squeezed zucchini and set it aside. Honestly, don't skip the squeezing - I learned that lesson the hard way with a soggy loaf!

2. In a medium bowl, whisk together all your dry ingredients - the whole wheat flour, baking powder, baking soda, cinnamon, and salt. I love how the cinnamon makes the flour mixture smell like comfort itself. In a separate larger bowl, whisk the eggs until they're frothy. Then add the maple syrup, melted coconut oil, and vanilla extract. Whisk everything together until it's smooth and well combined. The mixture should look golden and inviting. This is when I start getting excited because I know something delicious is coming together.

3. Now, add the dry ingredients to the wet ingredients and stir gently until just combined. Be careful not to overmix - a few streaks of flour are okay. Overmixing can make the bread tough. Then fold in the squeezed zucchini and any optional add-ins like walnuts or chocolate chips. The batter will be thick but should pour slowly from a spoon. I love how the green specks of zucchini look in the batter - they promise good things to come. If the batter seems too thick, you can add a tablespoon of milk, but usually the zucchini provides enough moisture.

4 Lightly grease a loaf pan that fits in your air fryer. Pour the batter into the prepared pan, smoothing the top with a spatula. Place the pan in your air fryer basket. Cook at 325°F for 25-30 minutes, or until a toothpick inserted in the center comes out clean. About halfway through, you might want to rotate the pan for even browning. The smell that fills your kitchen is absolutely heavenly. When it's done, carefully remove the hot pan using oven mitts. Let it cool in the pan for 10 minutes before transferring to a wire rack to cool completely before slicing.

Nutrition per serving

180 kcal	4 g	26 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- Squeezing the zucchini thoroughly is non-negotiable for perfect texture - I can't stress this enough
- Different air fryer models may require slight timing adjustments - know your appliance
- The bread tastes even better the next day as flavors continue to develop
- You can easily double this recipe and make two loaves - they freeze beautifully
- For extra moisture, you can add a mashed banana to the wet ingredients
- If the top browns too quickly, tent with foil for the last 10 minutes of cooking