

Zucchini Bread Recipes

Almond Flour Zucchini Bread: Healthy Low Carb Recipe

20 min Prep time	**55 min** Cook time	**1 h 15 min** Total time
10 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Zucchini Bread

- [ ] 2 cups super-fine blanched almond flour
- [ ] 3/4 cup granulated erythritol or monk fruit sweetener
- [ ] 2 tsp ground cinnamon
- [ ] 1 1/2 tsp baking soda
- [ ] 1/2 tsp sea salt
- [ ] 3 large eggs, at room temperature
- [ ] 1/4 cup melted coconut oil or avocado oil
- [ ] 1 tbsp vanilla extract
- [ ] 1 1/2 cups shredded zucchini (from about 1 medium zucchini), squeezed very dry

Optional Add-ins

- [ ] 1/2 cup chopped walnuts or pecans
- [ ] 1/2 cup sugar-free chocolate chips

Instructions

1. First, let's set a calm mood for baking. Preheat your oven to 350°F (175°C). Take your 8x4 inch loaf pan and line it with parchment paper, allowing some to hang over the sides. This little trick is a lifesaver later. In a large, lovely bowl, combine your dry ingredients: the almond flour, sweetener, cinnamon, baking soda, and salt. Use a whisk to gently sift them together, breaking up any little clumps and making sure the spice is beautifully distributed throughout. This step ensures every bite will be perfectly seasoned.

2. Now for the zucchini. After you've shredded it, place the shreds in the center of a clean kitchen towel or several layers of paper towels. Gather up the ends and squeeze, squeeze, squeeze over the sink. You want to remove as much water as possible to ensure a perfect, non-gummy texture. This is probably the most important step, so really put some muscle into it! It's amazing how much liquid will come out. Set your very dry zucchini aside for a moment.

3. In a separate, medium-sized bowl, it's time for the wet ingredients. Crack your room-temperature eggs into the bowl and whisk them until they are light and just a little frothy. Then, pour in the melted coconut oil and the vanilla extract. Oh, that scent of vanilla is just heavenly, isn't it? Whisk it all together until it's smooth and emulsified. The mixture should look cohesive and glossy. This simple step is what helps bind our gluten-free bread together so beautifully.

4. Gently pour the wet mixture into the large bowl with your dry ingredients. Using a spatula, fold everything together until it's just combined. The batter will be quite thick, almost like a cookie dough, so don't be alarmed. Be careful not to overmix here. Now, add your squeezed-dry zucchini and any optional mix-ins like walnuts. Fold them in gently until they're evenly distributed. This process is similar to our other gluten-free muffins.

5. Carefully scrape the thick batter into your prepared loaf pan. Use your spatula to spread it evenly and smooth out the top. It might feel a bit stiff, but that's perfect. Pop the pan into the center of your preheated oven. Now comes the hard part: waiting. Let it bake for 50-60 minutes. Your home will start to smell absolutely amazing, all warm and nutty and cozy. It’s the best kind of aromatherapy.

6. After about 50 minutes, check for doneness. A wooden skewer or toothpick inserted into the center of the loaf should come out clean. If the top is getting too brown but the inside is still wet, you can loosely tent it with a piece of aluminum foil for the last 10 minutes of baking. Once it's ready, take it out of the oven and let it cool in the pan on a wire rack for at least 30 minutes. This is crucial for almond flour bakes as they need time to set.

7. Once it has cooled for a bit, use the parchment paper 'handles' to gently lift the loaf out of the pan and place it directly on the wire rack. And now, the true test of patience: you must let it cool completely before slicing. I know, it's so tempting to cut into it while it's warm, but it will be crumbly. Allowing it to cool fully ensures clean, beautiful slices and the most perfect, moist texture. This waiting period allows the crumb to settle and the flavors to meld together perfectly.

Nutrition per serving

210 kcal	7 g	6 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The importance of squeezing the zucchini cannot be overstated. Excess moisture is the enemy of a well-structured almond flour bread and can lead to a gummy texture. A nut milk bag also works wonderfully for this if you have one.
- Let your eggs come to room temperature before you begin. Simply place them in a bowl of warm water for about 5-10 minutes. This helps them mix more evenly into the batter, which results in a lighter, more uniform crumb.
- Feel free to play with the spices. A pinch of nutmeg or a dash of cardamom would be a lovely addition to the cinnamon, adding another layer of warmth and complexity to the bread's flavor profile.