

Zucchini Bread Recipes

Applesauce Zucchini Bread Recipe (Paleo)

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

Ingredients

Dry Ingredients

- ▢ 2 ½ cups almond flour
- ▢ 1 teaspoon baking soda
- ▢ 1 teaspoon cinnamon
- ▢ ½ teaspoon nutmeg
- ▢ ¼ teaspoon salt

Wet Ingredients

- ▢ 3 large eggs, room temperature
- ▢ ½ cup unsweetened applesauce
- ▢ 1/3 cup maple syrup
- ▢ ¼ cup coconut oil, melted
- ▢ 1 teaspoon vanilla extract

Add-Ins

- ▢ 1 ½ cups grated zucchini, squeezed very dry
- ▢ ½ cup chopped walnuts (optional)

Instructions

1. Preheat your oven to 350°F (175°C). Grease a 9x5 inch loaf pan and line it with parchment paper, leaving some overhang on the sides for easy removal. Honestly, that parchment paper trick? Life-changing. No more stuck bread.
2. In a medium bowl, whisk together all the dry ingredients - almond flour, baking soda, cinnamon, nutmeg, and salt. Make sure there are no lumps. I like to sift the almond flour sometimes if it seems clumpy.
3. In a large bowl, whisk the eggs until they're frothy. Add the applesauce, maple syrup, melted coconut oil, and vanilla. Whisk until everything is well combined and smooth. The scent of vanilla and maple syrup together... wow.
4. Add the dry ingredients to the wet ingredients and stir gently until just combined. Don't overmix - a few streaks of flour are fine. Then fold in the squeezed-dry zucchini and walnuts if using.
5. Pour the batter into your prepared loaf pan and smooth the top. Bake for 50-60 minutes, or until a toothpick inserted in the center comes out with just a few moist crumbs. The top should be golden brown and firm to the touch.
6. Let the bread cool in the pan for 15 minutes, then use the parchment paper to lift it out onto a wire rack to cool completely. This is the hard part - waiting. But it's worth it for perfect slices.

Nutrition per serving

245 kcal	8 g	15 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Squeezing the zucchini dry is the most important step - don't skip it!
- This bread tastes even better the next day as flavors meld
- Freeze individual slices for quick breakfasts or snacks
- Toast slices lightly for a delicious crispy exterior