

Zucchini Bread Recipes

# Best Zucchini Banana Bread Recipe (Moist!)

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| **20 min**<br>Prep time | **1 h**<br>Cook time | **1 h 20 min**<br>Total time |
| **12**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### For the Bread

- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon salt
- [ ] 1 teaspoon ground cinnamon
- [ ] 3 very ripe medium bananas, mashed
- [ ] 1 cup granulated sugar
- [ ] 1 large egg, lightly beaten
- [ ] 1/2 cup unsalted butter, melted and cooled
- [ ] 1 teaspoon vanilla extract
- [ ] 1 cup grated fresh zucchini, squeezed to remove excess moisture

### Optional Add-ins

- [ ] 3/4 cup chopped walnuts or pecans
- [ ] 3/4 cup semisweet chocolate chips

## Instructions

1. First, let's set a calm mood in the kitchen. Preheat your oven to a cozy 350°F (175°C). Prepare an 8x4 inch loaf pan by greasing it with butter and lightly dusting it with flour. This little step is like tucking it in, making sure our beautiful bread will release easily later. In a medium bowl, whisk together the flour, baking soda, salt, and cinnamon. Just gently combining them feels like a quiet ritual, and smelling the cinnamon is always my favorite part.

2. Now, find a large bowl for our wet ingredients. Add your mashed bananas—they should be fragrant and sweet. To this, add the sugar, the lightly beaten egg, the cooled melted butter, and the vanilla extract. Give it all a good whisk until everything is beautifully combined and looks creamy. It's so satisfying to see these simple things come together into the promise of something delicious. Take a moment to just enjoy the process.

3. Time to combine everything. Gently pour the dry ingredients into the bowl with the wet ingredients. Using a spatula, fold them together just until you no longer see streaks of flour. Please be gentle here; overmixing can make the bread tough, and we want a super tender crumb. A few little lumps in the batter are perfectly fine, I promise. Now, fold in your squeezed zucchini. The little green flecks are so pretty against the pale batter.

4. Carefully pour the batter into your prepared loaf pan, using your spatula to spread it evenly. Now for the hardest part: patience. Place the pan in the center of your preheated oven and bake for 50-60 minutes. Your home will start to smell absolutely divine. The bread is done when a wooden skewer or toothpick inserted into the center comes out clean. Let it cool in the pan on a wire rack for about 15 minutes before gently turning it out to cool completely. I know it's hard to wait, but it's worth it!

## Nutrition per serving

| 240 kcal | 4 g | 38 g | 9 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- The riper your bananas, the sweeter your bread will be. This means you can even slightly reduce the sugar if you prefer a less sweet loaf.
- Do not, and I mean do not, skip squeezing the moisture from the zucchini. It's the most crucial step for achieving that perfect, non-soggy texture. Your bread will thank you!
- This bread tastes even better the next day! The flavors have time to meld together and the loaf becomes even more moist and delicious. It’s a perfect make-ahead treat for a busy week.