

Zucchini Bread Recipes

Carrot Apple Zucchini Bread Recipe - Homemade & Healthy

20 min Prep time	**1 h 10 min** Cook time	**1 h 30 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Bread

- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon salt
- [ ] 1 1/2 teaspoons ground cinnamon
- [ ] 1/2 teaspoon ground nutmeg
- [ ] 1 cup packed light brown sugar
- [ ] 2 large eggs, lightly beaten
- [ ] 1/2 cup neutral oil (like canola or vegetable)
- [ ] 1 teaspoon vanilla extract
- [ ] 1 cup shredded zucchini (about 1 medium), lightly squeezed
- [ ] 1 cup shredded carrots (about 2 medium)
- [ ] 1 cup shredded apple (about 1 large), from a firm variety

Optional Topping

- [ ] 1 tablespoon turbinado sugar for sprinkling
- [ ] 1/4 cup chopped walnuts or pecans

Instructions

1. First, let's set a calm and gentle mood in the kitchen. Preheat your oven to 350°F (175°C). Find your favorite 9x5 inch loaf pan and lightly grease and flour it, or line it with parchment paper, leaving a little overhang on the sides to act as handles later. In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, and nutmeg. I love this part—the simple act of combining the dry ingredients feels so foundational. Just sifting them together with a whisk makes the mixture light and airy, ready to become something wonderful.

2. Now, in a separate, larger bowl, we'll bring the wet ingredients together. Whisk the brown sugar and eggs until they are well combined and a little lighter in color. The sugar will start to dissolve into the eggs, creating a lovely caramel-colored base. Slowly drizzle in the oil while you continue to whisk, followed by the vanilla extract. The mixture should look smooth and slightly glossy. This simple emulsion is what will give our bread that rich, tender texture we're looking for. It's a quiet, satisfying process.

3. It's time to combine everything. Pour the wet ingredients into the bowl with the dry ingredients. Using a spatula, gently fold them together until just combined. Please be careful not to overmix here; a few little streaks of flour are perfectly fine. Overmixing can make the bread tough, and we want a soft, delicate crumb. Now, gently fold in your beautifully shredded zucchini, carrots, and apple until they are evenly distributed throughout the batter. It will be thick and smell absolutely amazing, like autumn in a bowl. For another comforting loaf, you might also enjoy my zucchini banana bread.

4 Carefully scrape the batter into your prepared loaf pan and smooth the top with your spatula. If you'd like a little crunch on top, now is the time to sprinkle it with turbinado sugar or chopped nuts. Bake for 60 to 70 minutes. The moment the aroma really starts to fill your kitchen is just pure joy. You'll know it's done when the top is a deep golden brown and a wooden skewer inserted into the center comes out clean. Let the loaf cool in the pan on a wire rack for 15 minutes before using the parchment handles to lift it out. Allow it to cool completely on the rack before slicing. I know, the waiting is the hardest part!

Nutrition per serving

245 kcal	4 g	34 g	11 g
Calories	Protein	Carbs	Fat

Tips & notes

- For the best texture, I highly recommend grating the zucchini, carrots, and apple yourself. The pre-shredded versions from the store are often much drier and can change the moisture level of the bread. The little bit of extra time is so worth it for the final result.
- If you find the top of your bread is browning too quickly before the center is cooked through, you can loosely tent a piece of aluminum foil over the top for the last 15-20 minutes of baking. This will protect the crust while the inside finishes baking perfectly.
- This bread tastes even better the next day! The flavors have time to meld together and the moisture settles into the crumb, making it even more tender. The blend of spices reminds me of the beautiful flavor in this apple cinnamon bread.