

Zucchini Bread Recipes

# Chickpea Flour Zucchini Bread: Easy Recipe

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| **20 min**<br>Prep time | **1 h**<br>Cook time | **1 h 20 min**<br>Total time |
| **10**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Dry Ingredients

- ▢ 2 cups chickpea flour
- ▢ 1/2 cup almond flour
- ▢ 1 1/2 teaspoons baking powder
- ▢ 1/2 teaspoon baking soda
- ▢ 1 teaspoon ground cinnamon
- ▢ 1/2 teaspoon salt

### Wet Ingredients

- ▢ 3 large eggs, at room temperature
- ▢ 1/2 cup pure maple syrup
- ▢ 1/3 cup melted coconut oil or other neutral oil
- ▢ 1 teaspoon vanilla extract
- ▢ 1 1/2 cups grated zucchini, squeezed of excess moisture

### Optional Add-ins

- ▢ 1/2 cup chopped walnuts or pecans
- ▢ 1/2 cup chocolate chips

## Instructions

1. First, let's create our calm little baking sanctuary. Preheat your oven to 350°F (175°C). Gently grease a 9x5 inch loaf pan with a bit of coconut oil and then dust it lightly with chickpea flour, tapping out any excess. This creates a lovely non-stick surface. Now for the zucchini. Using a box grater, shred your zucchini onto a plate or cutting board. Once you have about one and a half cups, scoop it all into a clean kitchen towel, wrap it up, and gently squeeze it over the sink. You want to remove some, but not all, of the water. Set your beautiful green shreds aside for a moment.

2. Now for the batter. In a large, spacious bowl, let's bring together the dry ingredients. Add the chickpea flour, almond flour, baking powder, baking soda, cinnamon, and salt. Use a whisk to sift them together, making the mixture light and airy and ensuring all those lovely spices are evenly distributed. Just pausing to smell this mixture is one of my favorite parts. It's so earthy and warm and full of promise. This simple step helps ensure a really even texture in the final loaf.

3. In a separate medium bowl, we'll combine the wet ingredients. Crack in your room-temperature eggs and give them a light whisk. Then, pour in the gorgeous, amber-colored maple syrup, the melted (and slightly cooled) coconut oil, and the vanilla extract. Whisk it all together until it's smooth and beautifully combined. The way the oil and syrup blend together is just so satisfying. Now, pour this liquid mixture into the bowl with your dry ingredients. It's time to bring it all together.

4 Using a spatula, gently fold the wet and dry ingredients together until they are just combined. The batter will be surprisingly thick, so don't be alarmed. Be careful not to overmix here; a few little streaks of flour are perfectly okay. Now, add your squeezed zucchini and any optional walnuts or chocolate chips you're using. Fold them in gently until they are just evenly distributed. Scrape this lovely, thick batter into your prepared loaf pan and use your spatula to spread it evenly. It's ready for the oven's warm embrace.

5 Slide the loaf pan into the center of your preheated oven. Let it bake for 50 to 60 minutes. The top will turn a beautiful deep golden brown and your whole house will smell absolutely divine. To check for doneness, insert a wooden skewer into the center of the loaf. If it comes out clean, or with just a few moist crumbs attached, it's perfect. Carefully remove the pan from the oven and let it cool on a wire rack for at least 15 minutes before you attempt to remove the loaf. Once you turn it out, let it cool completely on the rack before slicing. I know, this is the hardest part, but patience will be rewarded with perfect, non-crumbly slices.

### Nutrition per serving

| 220 kcal | 8 g | 21 g | 12 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- Room temperature eggs are really helpful here. They mix more evenly into the batter and help create a more uniform texture. If you forget to take them out ahead of time, just place them in a bowl of warm water for about 5-10 minutes.
- The texture of this bread is best on the second day, I think. The flavors have time to meld together and the moisture settles into the crumb, making it even more tender and delicious. It's worth the wait if you can manage it!
- If you love experimenting with healthy baking, you might also adore these carrot zucchini muffins. They share that same wholesome, moist quality that makes this bread so special and are perfect for quick breakfasts.