

Zucchini Bread Recipes

Dairy-Free Zucchini Bread: Best Healthy Recipe

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

Ingredients

Dry Ingredients

- [ ] 1 1/2 cups all-purpose flour
- [ ] 1/2 cup granulated sugar
- [ ] 1/2 cup packed light brown sugar
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon baking powder
- [ ] 1 teaspoon ground cinnamon
- [ ] 1/2 teaspoon ground nutmeg
- [ ] 1/2 teaspoon salt

Wet Ingredients

- [ ] 2 large eggs, lightly beaten
- [ ] 1/2 cup melted and cooled coconut oil
- [ ] 1/4 cup unsweetened almond milk
- [ ] 1 teaspoon vanilla extract
- [ ] 1 1/2 cups grated fresh zucchini, lightly squeezed

Instructions

1. Let's begin by creating a warm space for our bread to bake. Preheat your oven to 350°F (175°C). While it's heating up, prepare a 9x5 inch loaf pan by greasing and flouring it, or lining it with parchment paper for easy removal. Next, in a large, welcoming bowl, whisk together all your dry ingredients: the flour, both sugars, baking soda, baking powder, salt, and those beautifully fragrant spices. I love to close my eyes and just take in the scent of the cinnamon and nutmeg—it's the first hint of the coziness to come. Sifting them together helps ensure there are no little clumps.

2. Now, let's bring together the heart of the batter. In a separate medium bowl, combine the wet ingredients. Lightly beat the eggs, then whisk in the melted (and slightly cooled) coconut oil, the gentle almond milk, and the pure vanilla extract. The mixture should look smooth and glossy. This separation of wet and dry is a classic baking technique that helps prevent overmixing, which is key to a tender loaf. It's a quiet, rhythmic process that I find so calming.

3. It's time to marry the two mixtures. Pour the wet ingredients into the bowl of dry ingredients. Using a spatula, gently fold them together until they are just combined. You might still see a few little streaks of flour, and that's perfectly okay. Lumps are fine; overworking the batter is not. Now, fold in your grated zucchini until it's evenly distributed. The batter will be thick and rustic-looking, dotted with beautiful green flecks. This is what you want.

4 Carefully pour the finished batter into your prepared loaf pan, spreading it evenly with your spatula. Pop it into the preheated oven and let it bake for 50 to 60 minutes. Your kitchen will fill with the most incredible aroma. To check for doneness, insert a toothpick into the center; if it comes out clean, it's ready. Allow the bread to cool in the pan for about 15 minutes before turning it out onto a wire rack to cool completely. This resting period is so important for the structure of the loaf, so try to be patient!

Nutrition per serving

210 kcal	3 g	28 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra touch of beauty and flavor, you can sprinkle a little coarse sugar or some cinnamon-sugar over the top of the batter before baking. It creates a lovely, slightly crunchy crust that is just delightful.
- If you find yourself with an abundance of zucchini from the garden, you can grate it, squeeze out the excess moisture, and freeze it in pre-portioned bags. That way, you can enjoy a slice of summer warmth even in the middle of winter.
- This bread tastes even better the next day! The flavors have time to meld together and the moisture settles into the crumb, making it extra tender. It's worth the wait if you can manage it.