


Zucchini Bread Recipes

# Easy Gluten-Free Zucchini Bread Recipe

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

## Ingredients

### For the Zucchini Bread

- [ ] 1 1/2 cups gluten-free all-purpose flour (with xanthan gum)
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon salt
- [ ] 1 1/2 teaspoons ground cinnamon
- [ ] 1/4 teaspoon ground nutmeg
- [ ] 2 large eggs, at room temperature
- [ ] 1/2 cup vegetable oil or melted coconut oil
- [ ] 1/4 cup unsweetened applesauce
- [ ] 3/4 cup packed light brown sugar
- [ ] 1 teaspoon vanilla extract
- [ ] 1 1/2 cups grated zucchini (from about 1 medium zucchini), excess water gently squeezed out

### Optional Add-ins

- [ ] 1/2 cup chopped walnuts or pecans
- [ ] 1/2 cup chocolate chips

## Instructions

1. First, let's set a calm mood. Preheat your oven to 350°F (175°C). Find your favorite 9x5 inch loaf pan and grease it lightly, then line it with parchment paper so that a little hangs over the long sides—this will be your secret weapon for lifting it out later. Now, in a large, welcoming bowl, whisk together the gluten-free flour, baking soda, salt, cinnamon, and nutmeg. I love to close my eyes and just smell the spices for a second. This step is about more than just mixing; it's about making sure every slice will have that perfect, even warmth.

2. In another bowl—a medium one will do just fine—whisk the eggs until they're light and frothy. Then, pour in the oil, applesauce, brown sugar, and vanilla. Continue to whisk until everything is smooth and beautifully combined, like a silky caramel-colored ribbon. This is the heart of your bread's moisture. While you're at it, take care of your zucchini. After grating it, just gently press it between a few paper towels to get some of that extra liquid out. Don't wring it out completely, just a gentle squeeze to say 'thank you, that's enough water'.

3. Now, let's bring it all together. Gently pour the wet ingredients into the bowl with the dry ingredients. Using a spatula, fold them together with slow, deliberate strokes. Please be gentle here; we only want to mix until there are no more dry streaks of flour. A few little lumps are perfectly okay and actually encouraged! This gentle touch is what keeps gluten-free bread from getting tough. Once combined, fold in your beautifully prepped zucchini and any walnuts or chocolate chips if you're adding that extra bit of joy.

4 Scoop the lovely, thick batter into your prepared loaf pan and smooth the top with your spatula. It should look promising already! Place it on the center rack of your preheated oven and let it bake for 50 to 60 minutes. The whole house will begin to smell absolutely heavenly. To check for doneness, a toothpick or skewer inserted into the center should come out clean. Let it cool in the pan for about 15 minutes before lifting it onto a wire rack to cool completely. This resting period is so important for the structure, so be patient, my friend. The reward is a perfect slice.

## Nutrition per serving

| 190 kcal | 3 g | 23 g | 10 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- **Don't skip squeezing the zucchini!** Seriously, this is probably the most important tip. Zucchini holds a lot of water, which can make the bread heavy and dense if you don't remove some of it. A gentle squeeze is all it takes to ensure a light, fluffy crumb.
- **Let it cool completely.** I know, I know, it's torture to wait when that warm, spicy smell is wafting through your home. But gluten-free baked goods need time to set. Slicing into it while it's still warm can result in a gummy texture. Patience will be rewarded with perfectly structured, beautiful slices.
- **Room temperature ingredients are your friends.** Bringing your eggs to room temperature before mixing helps them incorporate more smoothly into the batter, which creates a more uniform texture in the final loaf. It’s a small detail that creates a more professional, tender result.