

Zucchini Bread Recipes

# Easy One-Bowl Zucchini Banana Bread 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

### Wet Ingredients

- [ ] 3 very ripe bananas, mashed (about 1 ½ cups)
- [ ] 1 cup grated zucchini, lightly squeezed of excess moisture
- [ ] ½ cup vegetable oil or melted coconut oil
- [ ] 2 large eggs, at room temperature
- [ ] 1 teaspoon vanilla extract
- [ ] ½ cup granulated sugar
- [ ] ½ cup packed light brown sugar

### Dry Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] ½ teaspoon salt
- [ ] 1 ½ teaspoons ground cinnamon
- [ ] ¼ teaspoon ground nutmeg

## Instructions

1. First, let's create our cozy baking space. Preheat your oven to 350°F (175°C). Find your favorite 9x5 inch loaf pan and grease it gently with butter or non-stick spray. This simple step ensures your beautiful loaf will slide out perfectly later. Now for the produce. In a separate bowl, mash your super-ripe bananas with a fork until they're mostly smooth; a few little lumps are totally fine and add great texture. Then, take your finely grated zucchini and, using your hands or a clean kitchen towel, give it a gentle squeeze over the sink to remove some, but not all, of the water.

2. Now for the one-bowl magic. In a large mixing bowl, whisk together the granulated sugar and light brown sugar with the vegetable oil until they're nicely combined. Crack in your two room-temperature eggs, one at a time, whisking well after each one. The mixture should look a little lighter and smoother. Then, pour in the vanilla extract—that beautiful fragrance is the first hint of the deliciousness to come. Finally, add your mashed bananas and squeezed zucchini to the bowl and stir everything together until it's just incorporated.

3. It's time to bring in the dry ingredients. Place a sifter or fine-mesh sieve over your large bowl and add the all-purpose flour, baking soda, salt, cinnamon, and nutmeg. Sifting them together helps distribute everything evenly and keeps the bread light and airy. Using a spatula, gently fold the dry ingredients into the wet mixture. Remember, the key is to mix only until you no longer see streaks of flour. Overmixing can make the bread tough, and we want a soft, tender crumb. We have many more bread recipes for you to try.

4 Carefully pour the lovely, flecked batter into your prepared loaf pan, using your spatula to gently spread it into an even layer. Pop it into the preheated oven and let it bake for 55 to 65 minutes. The whole kitchen will start to smell incredible! You'll know it's ready when a wooden skewer inserted into the center comes out clean. Let the loaf cool in the pan for about 15 minutes before carefully turning it out onto a wire rack to cool completely. That waiting part is the hardest, I know, but it's so worth it for the perfect slice.

## Nutrition per serving

| 280 kcal | 4 g | 40 g | 12 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- The gentlest touch is best when mixing the batter. Once the flour is added, fold it in with a spatula just until it disappears. A few small lumps are perfectly okay. This prevents the development of too much gluten, ensuring a wonderfully tender and soft loaf every single time.
- Don't skip squeezing the zucchini! Zucchini holds a surprising amount of water, which can make the bread too dense and wet if you leave it all in. You don't need to make it bone dry, just a gentle squeeze to remove the excess liquid is perfect. This step is crucial for achieving that perfect, moist crumb.
- For the best results, try to use room temperature ingredients, especially the eggs. When eggs are at room temperature, they mix more evenly into the batter and help create a lighter, more uniform texture in the final bake. It's a small detail that makes a noticeable difference in the final product.