

Zucchini Bread Recipes

Easy Vegan Zucchini Bread Recipe (Oil-Free & Moist)

15 min Prep time	**55 min** Cook time	**1 h 10 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Wet Ingredients

- [ ] 1 1/2 cups grated zucchini (about 1 medium)
- [ ] 1/2 cup unsweetened applesauce
- [ ] 1/2 cup maple syrup
- [ ] 2 flax eggs (2 tbsp ground flaxseed + 6 tbsp water)
- [ ] 1 tsp vanilla extract

Dry Ingredients

- [ ] 2 cups whole wheat flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp baking powder
- [ ] 1/2 tsp salt
- [ ] 1 1/2 tsp cinnamon
- [ ] 1/4 tsp nutmeg

Instructions

1. Preheat your oven to 350°F (175°C). Grease a 9x5 inch loaf pan or line it with parchment paper. Grate the zucchini using the large holes of a box grater and let it drain in a colander while you prepare the other ingredients.

2. In a small bowl, prepare your flax eggs by mixing the ground flaxseed with water. Let it sit for 10 minutes to thicken. In a large mixing bowl, combine the applesauce, maple syrup, vanilla extract, and the prepared flax eggs. Stir until well combined.

3. Add the grated zucchini to the wet mixture and stir gently. In a separate bowl, whisk together the whole wheat flour, baking soda, baking powder, salt, cinnamon, and nutmeg until well combined.

4. Gradually add the dry ingredients to the wet mixture, folding gently with a spatula until just combined. Be careful not to overmix - a few streaks of flour are okay. The batter will be thick but moist.

5. Pour the batter into your prepared loaf pan and smooth the top. Bake for 50-60 minutes, or until a toothpick inserted in the center comes out clean. The top should be golden brown and spring back when lightly touched.

6. Let the bread cool in the pan for 15 minutes, then transfer to a wire rack to cool completely before slicing. This patience is important for the texture to set properly.

Nutrition per serving

180 kcal	4 g	38 g	1 g
Calories	Protein	Carbs	Fat

Tips & notes

- Don't squeeze the zucchini - the natural moisture is essential for the bread's texture
- Allow the bread to cool completely before slicing for clean cuts
- Store wrapped at room temperature for up to 4 days, or freeze for longer storage
- Toast slices lightly for enhanced flavor and a lovely crisp edge