

Zucchini Bread Recipes

Grain Free Peanut Butter Zucchini Bread Recipe

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

Ingredients

Wet Ingredients

- [ ] 2 cups grated zucchini (about 2 medium)
- [ ] 3/4 cup natural peanut butter
- [ ] 3 large eggs, room temperature
- [ ] 1/2 cup pure maple syrup
- [ ] 1/4 cup melted coconut oil
- [ ] 1 teaspoon vanilla extract

Dry Ingredients

- [ ] 2 1/2 cups almond flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon baking powder
- [ ] 1 teaspoon cinnamon
- [ ] 1/4 teaspoon sea salt

Optional Add-ins

- [ ] 1/2 cup dairy-free chocolate chips
- [ ] 1/4 cup chopped peanuts for topping

Instructions

1. Preheat oven to 350°F (175°C). Grease a 9x5 inch loaf pan and line with parchment paper, leaving some overhang for easy removal. Grate your zucchini using the medium holes of a box grater – no need to squeeze out the moisture.
2. In a large bowl, whisk together the peanut butter, eggs, maple syrup, melted coconut oil, and vanilla until smooth and well combined. The mixture will be thick and creamy.
3. In a separate bowl, whisk together the almond flour, baking soda, baking powder, cinnamon, and salt. Make sure there are no lumps in the almond flour.
4. Add the dry ingredients to the wet ingredients and stir gently until just combined. Don't overmix – a few streaks of flour are fine. Fold in the grated zucchini and chocolate chips if using.
5. Pour the batter into the prepared loaf pan and smooth the top. Sprinkle with chopped peanuts if desired. Bake for 50-60 minutes, or until golden brown and a toothpick inserted in the center comes out clean.
6. Let the bread cool in the pan for 15 minutes, then use the parchment paper to lift it out onto a wire rack to cool completely before slicing. This patience makes for the cleanest slices and best texture.

Nutrition per serving

285 kcal	10 g	16 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Store leftover bread wrapped at room temperature for 3-4 days, or freeze individual slices for quick snacks
- The bread will sink slightly in the center as it cools - this is normal for grain-free baking
- For a nut-free version, use sunflower seed butter and oat flour instead of peanut butter and almond flour