

Zucchini Bread Recipes

Healthy Rhubarb Zucchini Bread Recipe

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

Ingredients

Dry Ingredients

- [ ] 2 cups whole wheat flour
- [ ] 1 teaspoon baking soda
- [ ] ½ teaspoon baking powder
- [ ] 1 teaspoon ground cinnamon
- [ ] ½ teaspoon sea salt

Wet Ingredients

- [ ] 2 large eggs
- [ ] ½ cup pure maple syrup
- [ ] 1/3 cup melted coconut oil or avocado oil
- [ ] 1 teaspoon vanilla extract
- [ ] Zest of 1 lemon
- [ ] ½ cup unsweetened applesauce

Fruits and Vegetables

- [ ] 1 cup grated zucchini, squeezed dry (about 1 medium)
- [ ] 1 cup chopped rhubarb (½-inch pieces)
- [ ] 1 tablespoon flour (for tossing with rhubarb)

Instructions

1. Preheat your oven to 350°F (175°C). Grease a 9x5 inch loaf pan and line it with parchment paper, leaving some overhang for easy removal. Honestly, this little step saves so much frustration later.

2. In a medium bowl, whisk together the whole wheat flour, baking soda, baking powder, cinnamon, and sea salt. In a small bowl, toss the chopped rhubarb with 1 tablespoon of flour—this helps prevent it from sinking. I always think this part feels like preparing little jewels for the bread.

3. In a large mixing bowl, whisk the eggs until frothy. Add the maple syrup, melted oil, vanilla, lemon zest, and applesauce. Whisk until well combined. The scent of lemon zest always takes me back to my mother's kitchen—so bright and hopeful.

4. Add the dry ingredients to the wet ingredients and stir with a spatula until just combined—don't overmix. Gently fold in the squeezed zucchini and floured rhubarb pieces. The batter will be thick but shouldn't be dry.

5. Pour the batter into your prepared pan and smooth the top. Bake for 50-60 minutes, or until a toothpick inserted into the center comes out with moist crumbs but no wet batter. The top should be golden brown and spring back when lightly pressed.

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. This patience is the hardest part—waiting for that first slice.

Nutrition per serving

185 kcal	4 g	28 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- The bread will keep at room temperature for 3-4 days wrapped tightly
- For longer storage, slice and freeze—it toasts beautifully straight from frozen
- If using frozen rhubarb, thaw completely and pat dry before using
- You can substitute half the whole wheat flour with all-purpose if preferred