

Zucchini Bread Recipes

Healthy Vegan Zucchini Bread: Quick & Nutty Recipe

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

Ingredients

Dry Ingredients

- [ ] 1 cup all-purpose flour
- [ ] 3/4 cup whole wheat flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp baking powder
- [ ] 1 1/2 tsp ground cinnamon
- [ ] 1/2 tsp ground nutmeg
- [ ] 1/2 tsp salt

Wet Ingredients

- [ ] 2 flax eggs (2 tbsp ground flaxseed + 5 tbsp water)
- [ ] 1/2 cup melted coconut oil or other neutral oil
- [ ] 1/2 cup maple syrup
- [ ] 1/4 cup unsweetened applesauce
- [ ] 1 tsp vanilla extract

Add-Ins

- [ ] 1 1/2 cups grated zucchini (about 1 medium), excess water squeezed out
- [ ] 3/4 cup chopped walnuts, toasted

Instructions

1. First, let's get everything ready. It's such a calming way to begin. Preheat your oven to 350°F (175°C) and lightly grease and flour a 9x5 inch loaf pan. In a small bowl, mix the ground flaxseed and water together for your flax eggs and set it aside to thicken up for about 5-10 minutes. While that's gelling, you can grate your zucchini. Once it's grated, just give it a gentle squeeze over the sink to get rid of the extra water. It's a small step that makes a huge difference.

2. Now for the dry ingredients. Find a medium-sized mixing bowl and whisk together the all-purpose flour, whole wheat flour, baking soda, baking powder, cinnamon, nutmeg, and salt. I love using a whisk for this part because it acts like a sifter, making everything light and airy and ensuring all those lovely spices are evenly distributed. Just the smell of the cinnamon and nutmeg together makes me happy. It's so warm and inviting, a promise of the deliciousness to come.

3. In a separate, larger bowl, let's combine the wet ingredients. Pour in the melted coconut oil, maple syrup, unsweetened applesauce, and vanilla extract. Give it a good whisk until it's all smooth and beautifully combined. Now, add your thickened flax eggs to this mixture and whisk them in as well. This will be the liquid foundation of your bread, and it should smell amazing already—sweet and fragrant.

4. Time to bring it all together. Gently pour the dry ingredients into the bowl with the wet ingredients. Using a spatula, fold them together until they are just combined. Remember, the key here is not to overmix! A few little floury streaks are perfectly okay. Overmixing can make the bread tough, and we want a tender crumb. Now, gently fold in the squeezed zucchini and the toasted walnuts. Your batter is now ready, looking wonderfully rustic and full of texture.

5. Carefully pour the batter into your prepared loaf pan and use your spatula to spread it evenly. I like to sprinkle a few extra chopped walnuts on top—it just makes the finished loaf look so lovely and professional. Pop it into the preheated oven and bake for 50-60 minutes. You'll know it's ready when a toothpick inserted into the center comes out clean. The top will be a beautiful golden brown and your kitchen will smell absolutely incredible.

6. Once it's baked, let the loaf cool in the pan on a wire rack for about 15 minutes. This allows it to set up a bit before you try to remove it. Then, carefully invert the pan to release the bread and let it cool completely on the wire rack before slicing. I know, this is the hardest part! But letting it cool ensures you get clean, beautiful slices. This recipe is as simple as my favorite one-bowl recipe and delivers a perfectly moist loaf every time.

Nutrition per serving

280 kcal	5 g	32 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For the best flavor, make sure your spices are fresh. Old, dull spices won't give you that warm, aromatic flavor that makes this bread so special. It's a small thing, but it truly makes a noticeable difference in the final product.
- If you're not a fan of walnuts, pecans are a wonderful substitute. Or, for a nut-free version, you could try adding sunflower seeds or even some shredded coconut for a different kind of texture and sweetness.
- This bread tastes even better the next day! The flavors have time to meld together and the moisture settles in perfectly. It's worth making a day ahead if you have guests coming over for breakfast or brunch.