

Zucchini Bread Recipes

Healthy Zucchini Bread Recipe - Naturally Sweetened

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

Ingredients

Dry Ingredients

- [ ] 2 cups all-purpose einkorn flour
- [ ] 1 1/2 tsp ground cinnamon
- [ ] 1/2 tsp nutmeg
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp baking powder
- [ ] 1/2 tsp fine sea salt
- [ ] 1/2 cup chopped walnuts or pecans (optional)

Wet Ingredients

- [ ] 1 1/2 cups grated zucchini, gently squeezed of excess moisture
- [ ] 2 large eggs, at room temperature
- [ ] 1/2 cup melted and cooled coconut oil
- [ ] 1/2 cup pure maple syrup
- [ ] 1 tsp pure vanilla extract

Instructions

1. First, let's create a calm space. Preheat your oven to a cozy 350°F (175°C). Prepare a 9x5 inch loaf pan by lightly greasing it and dusting with flour, or simply line it with parchment paper for easy removal later. In a medium bowl, whisk together all your dry ingredients: the einkorn flour, cinnamon, nutmeg, baking soda, baking powder, and salt. The gentle act of sifting or whisking them together ensures all the spices and leaveners are evenly distributed, so every single bite of the finished bread is perfect. If you're using nuts, toss them in now—coating them in flour helps prevent them from sinking to the bottom.

2. Now for the wet ingredients. In a separate, larger bowl, whisk the room temperature eggs until they are light and slightly frothy. Then, gently stream in the cooled, melted coconut oil, pure maple syrup, and vanilla extract. Keep whisking until everything is beautifully combined into a smooth, emulsified mixture. Taking a moment to really whisk the eggs first gives the bread a little extra lift. And please, make sure your coconut oil has cooled down; you don't want to accidentally scramble your eggs, oops!

3. Time to bring it all together. Gently pour the dry ingredients into the bowl with the wet ingredients. Using a spatula, fold the mixture together just until you no longer see dry streaks of flour. This is the most crucial part—be careful not to over-mix! Over-mixing develops gluten and can make your bread tough. We want a tender, delicate crumb. Once the flour is just incorporated, gently fold in your grated and squeezed zucchini. The batter will be thick and wonderfully textured. It's supposed to look that way!

4 Carefully scrape the batter into your prepared loaf pan, using your spatula to spread it evenly to the corners. If you'd like, you can sprinkle a few extra chopped nuts or a dusting of cinnamon on top. Place the pan on the center rack of your preheated oven and let it bake for 50 to 60 minutes. The whole house will begin to smell absolutely incredible. You'll know it's ready when a toothpick inserted into the center comes out clean. Let the loaf rest in the pan for about 15 minutes before turning it out onto a wire rack to cool completely. This resting period is so important for the structure of the bread, so try to be patient!

Nutrition per serving

185 kcal	4 g	21 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- Having your eggs at room temperature really does make a difference. They mix more evenly into the batter, creating a more uniform texture in the final loaf. A quick way to warm them up is to place them in a bowl of warm water for a few minutes.
- The 'just until combined' rule for mixing is my golden rule for all quick breads. The moment you stop seeing flour streaks, put down the spatula. A few lumps are perfectly okay and are a sign of a tender loaf to come.
- If you notice the top of your bread is browning too quickly before the inside is cooked, you can loosely tent a piece of aluminum foil over the top for the last 15-20 minutes of baking. This allows the center to finish cooking without the crust getting too dark.