Zucchini Bread Recipes

Keto Coconut Flour Double Chocolate Zucchini Bread

20 min Prep time	**50 min** Cook time	**1 h 10 min** Total time
10 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 3/4 cup coconut flour, sifted
- [ ] 1/2 cup unsweetened cocoa powder
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/2 tsp salt

Wet Ingredients

- [ ] 4 large eggs, room temperature
- [ ] 1/2 cup melted coconut oil, cooled
- [ ] 1/2 cup keto-friendly sweetener (e.g., monk fruit blend)
- [ ] 1 tsp vanilla extract

Mix-Ins

- [ ] 1 1/2 cups zucchini, shredded and well-squeezed
- [ ] 1/2 cup sugar-free chocolate chips

Instructions

1. Preheat your oven to 350°F (175°C). Line a 9x5 inch loaf pan with parchment paper, letting the edges overhang for easy removal. This little trick saves so much frustration later.

2. In a medium bowl, whisk together the sifted coconut flour, cocoa powder, baking powder, baking soda, and salt. Make sure there are no lumps. You want everything evenly distributed for a consistent rise.

3. In a large bowl, whisk the room-temperature eggs until they're just slightly frothy. Then, whisk in the cooled melted coconut oil, your chosen keto sweetener, and the vanilla extract. The mixture will look smooth and glossy.

4 Add the dry ingredients to the wet ingredients. Switch to a spatula and stir gently until just combined. Don't overmix! The batter will be very thick, almost like a brownie batter. That's normal for coconut flour.

5 Fold in the well-squeezed shredded zucchini and the sugar-free chocolate chips. The zucchini will loosen the batter a bit. Mix until everything is evenly incorporated.

6 Spoon the batter into your prepared loaf pan and smooth the top with the back of your spatula. You can sprinkle a few extra chocolate chips on top if you like, for a pretty finish.

7 Bake for 45-55 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs attached. The top should be firm to the touch. Ovens vary, so start checking at 45 minutes.

8 Let the bread cool in the pan on a wire rack for at least 30 minutes. Then, using the parchment paper handles, lift it out of the pan and let it cool completely on the rack before slicing. This patience is the final, crucial step for the perfect texture.

Nutrition per serving

180 kcal	5 g	10 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Squeezing the zucchini thoroughly is non-negotiable for the right texture.
- This bread is best stored in an airtight container at room temperature for up to 3 days.
- For a richer flavor, you can use browned butter instead of coconut oil if dairy is not an issue.