

Zucchini Bread Recipes

Keto Zucchini Bread with Walnuts - Low Carb Recipe

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

Ingredients

Dry Ingredients

- [ ] 2 cups finely ground blanched almond flour
- [ ] 1/2 cup granulated erythritol sweetener (or your preferred keto sweetener)
- [ ] 1/2 cup chopped walnuts, toasted
- [ ] 2 tsp baking powder
- [ ] 1 tsp ground cinnamon
- [ ] 1/2 tsp ground nutmeg
- [ ] 1/2 tsp xanthan gum
- [ ] 1/4 tsp salt

Wet Ingredients

- [ ] 1 1/2 cups grated zucchini, squeezed very dry
- [ ] 3 large eggs, at room temperature
- [ ] 1/4 cup unsalted butter, melted and cooled slightly
- [ ] 1 tsp pure vanilla extract

Instructions

1. First, let's set a calm mood. Preheat your oven to 350°F (175°C) and grease a 9x5 inch loaf pan, lining it with parchment paper so there's an overhang on the sides. This little trick makes it so much easier to lift the bread out later. In a medium bowl, whisk together all your dry ingredients: the almond flour, sweetener, toasted walnuts, baking powder, cinnamon, nutmeg, xanthan gum, and salt. Just give it a good whisk to make sure everything is evenly distributed and there are no lumps. This is one of those simple and quick steps that makes a big difference.

2. Now for the wet ingredients. In a separate, larger bowl, whisk the eggs until they're light and a little frothy. Then, pour in the slightly cooled melted butter and the vanilla extract, and whisk it all together until it's smooth and beautifully combined. This is the foundation of your bread's moisture. Next, add your squeezed-dry, grated zucchini to this bowl. Gently fold it in with a spatula. Don't overdo it, just mix until the zucchini is nicely incorporated into the egg mixture.

3. Time to bring it all together. Gently pour the dry ingredient mixture into the bowl with the wet ingredients. Using your spatula, carefully fold them together until they are just combined. You want to be gentle here; overmixing can make the bread tough. The batter will be quite thick, and that's exactly what you want. You should see lovely flecks of green zucchini and chunks of walnut studded throughout the batter. It already looks so promising, doesn't it?

4 Carefully scrape the batter into your prepared loaf pan and use your spatula to smooth the top. Pop it into the preheated oven and bake for 50-60 minutes. The whole house will start to smell absolutely divine. Around the 50-minute mark, check for doneness with a toothpick inserted into the center. If it comes out clean, it’s ready. Let the bread cool in the pan for about 15 minutes before using the parchment paper overhang to lift it out onto a wire rack to cool completely. Patience is a virtue here, I promise!

Nutrition per serving

185 kcal	6 g	5 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- The importance of squeezing the zucchini cannot be overstated. It holds so much water, and removing it is the key to a perfectly moist, not soggy, bread. I usually get at least a half-cup of liquid out of mine. It feels like a lot, but trust the process.
- Allowing the bread to cool completely is essential. Keto-friendly bakes, especially those with almond flour, are quite delicate when they're warm. Cooling allows the structure to set properly, so you can slice it without it crumbling apart. It's so tempting to cut into it right away, but the wait is truly worth it.
- Feel free to adjust the spices to your liking. If you love cinnamon, add a little extra. A pinch of ground ginger or cloves would also be a lovely, warm addition, especially in the fall.