

Zucchini Bread Recipes

Low Sugar Zucchini Bread: Healthy and Amazing Recipe

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

Ingredients

Dry Ingredients

- [ ] 1 ½ cups white whole wheat flour (or all-purpose flour)
- [ ] 1 teaspoon baking soda
- [ ] ½ teaspoon baking powder
- [ ] 1 teaspoon ground cinnamon
- [ ] ½ teaspoon ground nutmeg
- [ ] ¼ teaspoon ground ginger
- [ ] ½ teaspoon salt

Wet Ingredients

- [ ] 1 ½ cups grated zucchini (from about 1 medium zucchini)
- [ ] 2 large eggs, lightly beaten
- [ ] ½ cup unsweetened applesauce
- [ ] 1/3 cup pure maple syrup
- [ ] ¼ cup neutral oil (like avocado or melted coconut oil)
- [ ] 1 teaspoon vanilla extract

Instructions

1. First, let's get everything ready. It’s always so much calmer to bake when you’re prepared. Go ahead and preheat your oven to 350°F (175°C). Then, prepare a 9x5 inch loaf pan by greasing and flouring it, or my personal favorite, lining it with a strip of parchment paper that overhangs on the sides. It makes lifting the loaf out so easy later! In a large bowl, add all your dry ingredients—the flour, baking soda, baking powder, salt, cinnamon, nutmeg, and ginger. Give them a really good whisk. This is like sifting, but easier, and it makes sure all those lovely spices are evenly spread out.

2. Now for the wet ingredients. Find another medium-sized bowl for this part. Crack your eggs into the bowl and give them a light whisk, just to break up the yolks. Then, pour in the unsweetened applesauce, maple syrup, oil, and that lovely vanilla extract. Whisk everything together until it's uniform and smooth. The mixture should look creamy and smell amazing already. Taking a moment to do this in a separate bowl ensures everything is well combined before it meets the flour, which helps prevent overmixing.

3. It's time to bring it all together. Pour your beautiful wet ingredient mixture into the large bowl with the dry ingredients. Using a rubber spatula, begin to gently fold the two together. Scrape from the bottom and fold over the top. You want to mix only until you no longer see big streaks of dry flour. A few lumps are totally fine; they’re a sign of a future tender crumb! Now, add in your grated zucchini. Gently fold it in until it’s evenly distributed throughout the batter. It will seem like a lot of zucchini, but trust me, it will bake down beautifully.

4 Carefully pour the finished batter into your prepared loaf pan. Use your spatula to spread it out evenly, smoothing the top just a little. Now, it's ready for its warm bake. Place the pan in the center of your preheated oven and bake for 50 to 60 minutes. To check if it's done, insert a wooden skewer or a long toothpick into the center of the loaf. If it comes out clean, or with just a few moist crumbs attached, it's perfect. Let the bread cool in the pan on a wire rack for about 15 minutes before you gently lift it out to cool completely. That waiting part is the hardest, I know!

Nutrition per serving

145 kcal	4 g	22 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- This bread is even more flavorful the next day! The spices and flavors have time to meld together, so if you can resist, wait a day to slice into it. It’s a wonderful reward for your patience.
- Feel free to get creative with your spices. A pinch of cardamom or allspice can add a lovely new dimension of warmth. Sometimes I even add a little orange zest to brighten things up, especially in the winter.
- If you find you have a very watery zucchini, you can gently pat it with a paper towel after grating, but please don't squeeze all the liquid out. That moisture is what keeps the bread from being dry. A little bit of patting is all you need.