

Zucchini Bread Recipes

Protein Zucchini Bread: Healthy High-Protein Recipe

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

Ingredients

Dry Ingredients

- [ ] 1 1/2 cups whole wheat pastry flour
- [ ] 1/2 cup vanilla protein powder
- [ ] 1 1/2 tsp ground cinnamon
- [ ] 1/2 tsp nutmeg
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp baking powder
- [ ] 1/2 tsp salt

Wet Ingredients

- [ ] 2 large eggs, at room temperature
- [ ] 1/2 cup pure maple syrup
- [ ] 1/3 cup melted and cooled coconut oil
- [ ] 1 tsp pure vanilla extract
- [ ] 1 1/2 cups grated zucchini (about 1 medium), excess water squeezed out

Instructions

1. First, let's set a peaceful mood in the kitchen. Preheat your oven to 350°F (175°C) and gently grease and flour a 9x5 inch loaf pan. I like to line mine with parchment paper, leaving a little overhang on the sides to make lifting the bread out later a breeze. In a medium bowl, whisk together all your dry ingredients: the whole wheat pastry flour, protein powder, cinnamon, nutmeg, baking soda, baking powder, and salt. Just give it a good whisk to make sure everything is evenly distributed and aerated. This simple step helps ensure a light and even crumb, similar to what you'd find in the best zucchini bread.

2. Now for the wet ingredients. In a separate, larger bowl, crack in your two eggs and give them a light whisk until they're just beaten. Pour in the beautiful, amber maple syrup, the melted (and slightly cooled, so you don't cook the eggs!) coconut oil, and the vanilla extract. Whisk everything together until it's smooth and emulsified. This mixture should look glossy and smell incredible. Next, fold in your grated and squeezed zucchini. Just stir it in gently until it's evenly distributed throughout the wet mixture.

3. It's time to combine everything. Gently pour the dry ingredients into the bowl with the wet ingredients. Using a spatula, fold the mixture together until it's *just* combined. You want to see a few streaks of flour remaining; this is the secret to a tender bread. Be so careful not to overmix here. The batter will be thick and lovely. If you're adding any mix-ins like nuts or chocolate chips, now is the moment to gently fold them in. The texture is quite different from a more classic batter, and that's perfectly okay.

4 Carefully scrape the batter into your prepared loaf pan and smooth the top with your spatula. Pop it into the preheated oven and let it bake for 45-55 minutes. The house will start to smell absolutely divine. Around the 45-minute mark, check for doneness by inserting a toothpick or a wooden skewer into the center of the loaf. If it comes out clean, it's ready. Let the bread cool in the pan on a wire rack for about 15 minutes before using the parchment paper handles to lift it out. Allow it to cool completely on the rack before you even think about slicing it. Patience here is key, I promise!

Nutrition per serving

185 kcal	9 g	19 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- When you squeeze the zucchini, I find the best way is to place the shreds in a clean kitchen towel or a few paper towels and gently wring it out over the sink. You don't want it to be bone dry, just not sopping wet.
- The type of protein powder you use can really affect the final outcome. Some are much more absorbent than others. If your batter seems excessively thick, you can add a tablespoon or two of milk (dairy or non-dairy) to thin it out slightly.
- Please, please let the bread cool completely! A warm loaf is fragile and will crumble when you slice it. A fully cooled loaf slices cleanly and the flavors have had time to settle and deepen. It’s worth the wait.