

Zucchini Bread Recipes

Vegan Zucchini and Oatmeal Sticks Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups grated zucchini (about 2 medium)
- [ ] 1 ½ cups rolled oats
- [ ] 2 tablespoons flaxseed meal
- [ ] 6 tablespoons water
- [ ] 3 tablespoons nutritional yeast
- [ ] 1 teaspoon garlic powder
- [ ] ½ teaspoon salt
- [ ] ¼ teaspoon black pepper
- [ ] 1 tablespoon maple syrup
- [ ] 2 tablespoons olive oil

Instructions

1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper. Grate the zucchini using the large holes of a box grater. Place it in a fine-mesh strainer or colander and let it drain while you prepare the other ingredients. Honestly, this step is crucial - you want to get as much moisture out as possible.

2. In a small bowl, mix the flaxseed meal with the 6 tablespoons of water. Set it aside to thicken for about 5 minutes. This will become your binding agent. Meanwhile, in a large mixing bowl, combine the rolled oats, nutritional yeast, garlic powder, salt, and pepper.

3. Take handfuls of the drained zucchini and squeeze out any remaining liquid. You'll be surprised how much water comes out! Add the squeezed zucchini to the dry ingredients along with the thickened flax mixture, maple syrup, and olive oil.

4. Mix everything together until well combined. The mixture should hold together when pressed. If it's too dry, add a tablespoon of water; if too wet, add a bit more oats. Using your hands or a scoop, form the mixture into stick shapes about 3 inches long and place them on the prepared baking sheet.

5. Bake for 20-25 minutes, flipping halfway through, until the sticks are golden brown and firm to the touch. Let them cool on the baking sheet for 5 minutes before serving. They'll firm up more as they cool. I mean, wow - the smell alone is worth it!

Nutrition per serving

145 kcal Calories	**5 g** Protein	**19 g** Carbs	**6 g** Fat

Tips & notes

- Make sure to really squeeze the zucchini dry - this is the most important step for the right texture
- The sticks will be soft when they come out of the oven but firm up as they cool
- Store leftovers in an airtight container in the refrigerator for up to 5 days
- These freeze beautifully - just reheat in the toaster oven or oven