Vegan Zucchini Bread

SERVINGS	PREP TIME	COOK TIME	TOTAL TIME
8	15 MIN	60 MIN	1 HR 15 MIN

Deliciously moist vegan zucchini bread made with no dairy or eggs and still tastes exactly like it came from your Grandma's oven

ORGANIZING
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Ingredients | Directions

1

PREP

MAKES ONE 9x5 LOAF
■ Preheat oven to 350°.
■ Spray pan with cooking oil spray or insert parchment paper into loaf pan.

2

•1 Large Zucchini
•½ tsp Salt

■ Shred zucchini with box grater or food processor, if available. *You can leave the skin on, unless tough, then peel.*
■ Put shredded zucchini in strainer over sink, add salt, and mix well.
■ Allow to rest about 10 min to draw out excess liquid.
■ Squeeze out excess liquid with your hands until there is little moisture left.

3

•2 T Ground Flax Meal
•5 T Water

WHILE ZUCCHINI IS RESTING
■ In a small bowl, mix together flax & water "flax eggs" and allow to sit for 5 minutes to thicken.

4

•1½ C All Purpose Flour
•½ tsp Salt
•½ tsp Baking Powder
•½ tsp Ground Cinnamon
•1 C Granulated Sugar

WHILE FLAX EGG IS THICKENING
■ Add flour to large bowl.
■ Add salt, baking powder, cinnamon, & sugar. Mix together until combined.

5

•½ C Neutral Oil (like Canola)
•2 tsp Vanilla

■ Mix thickened "flax egg" well, add oil & vanilla to this bowl, and mix well.
■ Add this wet mixture to flour bowl and mix until combined **(don't overmix)**.
■ Gently fold in zucchini (after all excess liquid is squeezed out).

6

OPTIONAL
•½ C Chopped Walnuts OR Pecans

■ If desired, add walnuts or pecans and fold together.

7

BAKE & COOL

■ Pour into loaf pan.
■ Bake 50-65 minutes until top is golden brown and toothpick inserted in center comes out clean. **PLEASE NOTE: Cooking time will widely vary between each oven AND amount of zucchini/moisture of zucchini. Keep cooking until golden brown and toothpick comes out clean.**
■ Cool 20 minutes in pan and remove to completely cool.
■ Serve with v-Butter if desired.