

Zucchini Bread Recipe: A Moist and Healthy Breakfast Loaf

2 cups grated zucchini (about 2 medium zucchinis)



OVEN
350°F

TIME
15 min

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INGREDIENTS

2 cups grated zucchini (about 2 medium zucchinis)
1 ½ cups whole wheat flour
1 teaspoon baking soda
½ teaspoon baking powder
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon salt
½ cup brown sugar
½ cup granulated sugar
2 large eggs
½ cup vegetable oil (or applesauce for a healthier option)
1 teaspoon vanilla extract
Optional: ½ cup chopped walnuts or chocolate chips

DIRECTIONS

- 1.** Preheat the oven: Preheat your oven to 350°F (175°C). Grease a 9x5-inch loaf pan or line it with parchment paper for easy removal.
- 2.** Prepare the zucchini: Grate the zucchini using a box grater or food processor. If the zucchini is particularly watery, you may want to squeeze out some excess moisture using a clean kitchen towel.
- 3.** Mix dry ingredients: In a large bowl, whisk together the whole wheat flour, baking soda, baking powder, cinnamon, nutmeg, and salt until well combined.
- 4.** Combine wet ingredients: In another bowl, beat the eggs and then add the brown sugar, granulated sugar, vegetable oil, and vanilla extract. Mix until smooth.
- 5.** Combine wet and dry mixtures: Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix; a few lumps are okay.
- 6.** Add zucchini: Gently fold in the grated zucchini and any optional ingredients like nuts or chocolate chips.
- 7.** Bake: Pour the batter into the prepared loaf pan and smooth the top. Bake for 50-60 minutes, or until a toothpick inserted into the center comes out clean.
- 8.** Cool and serve: Allow the bread to cool in the pan for about 10 minutes before transferring it to a wire rack to cool completely. Slice and enjoy!

TIPS FOR SUCCESS

Use fresh zucchini: The fresher the zucchini, the better the flavor.
If you can, use homegrown zucchini for the best results.

Experiment with spices: Feel free to add a pinch of ginger or allspice for an extra flavor kick.

Make it your own: Try adding dried cranberries or raisins for a sweet twist, or swap out half of the oil for applesauce to reduce calories.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/zucchini-bread-recipe-a-moist-and-healthy-breakfast-loaf/>