



# WARM WALNUT ZUCCHINI BREAD

Naturally Sweet

This warm walnut zucchini bread makes your mouth water with every bite! Try this recipe and enhance the aromas including your favorite spices, seeds, nuts or try adding something a little more robust flavored like extra dark chocolate chunks.

Zucchini is packed with anti-inflammatory properties, vitamin C, and has immense sources of energizing B vitamins. Zucchini has been known to help control symptoms related to diabetes.

**Healthy Tip:** Including zucchini in your meal consumption is widely known to improve overall digestion.

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## INGREDIENTS

- ◆ 2 cups shredded zucchini (peeled and shredded)
- ◆ 1/4 cup maple syrup (optional vegan sweetener)
- ◆ 2/3 cup extra virgin olive oil
- ◆ 2 teaspoons gluten-free vanilla extract (alcohol-free)
- ◆ 6-8 tablespoons flaxseeds (ground)/flaxseed meal + .5 cup purified water (egg-replacer)
- ◆ 3 cups almond flour (or choice of gluten-free flour)
- ◆ 2 teaspoons baking soda
- ◆ 1 teaspoon salt
- ◆ 1 teaspoon ground cinnamon
- ◆ 1/2 teaspoon baking powder
- ◆ .5 cup coarsely chopped walnuts



## METHOD

First, preheat oven to 350°F. Grease bottom of 9 X 5-inch loaf pan or cupcake pan.

Next, using a large mixing bowl, add the shredded zucchini, syrup, extra virgin olive oil, and vanilla.

Mix separately the egg-replacer in a small container. Set aside and allow to thicken before adding to mixture.

Stir in remaining ingredients except for nuts. Pour into a 9-inch pan or divide into a cupcake pan evenly. Add nuts onto the surface of the mixture

Bake up to 1 hour and 20 minutes, or until a toothpick inserted in center comes out clean.

Remove loaf pan from oven and place upside down on cooling rack. Allow to cool up to 2 hours. Once loaf has cooled enough, it should be easy to remove from loaf pan. Enjoy!

Store leftovers in a sealed container for up to 4 days.