



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- 4C white or white wheat flour
- 1.5C white sugar
- 2t baking powder
- 1t baking soda
- 1t salt
- 3-4C shredded zucchini
- 2/3C melted butter
- 2 lemons, zested and juiced
- 4 large eggs
- 1C powdered sugar + 1 lemon juiced (optional)

Lemon Zucchini Bread

Preparation

1. Preheat oven to 350*. Grease and line 2 loaf pans with parchment paper on the bottom.
2. Mix all ingredients in a large bowl (minus powdered sugar/1 lemon for glazing).
3. Pour into the prepared pans and bake for approximately 1 hour. Cool in the pan 10-15 min before removing to a cooling rack.
4. If desired, glaze with lemon + sugar once the loaves are cooled.

Tips

An optional, and more nutritious option, is to substitute smashed avocado for the melted butter 1:1. Although not tested by me, lots of recipes include it!

In all zucchini bread recipes, there are variations of amounts of zucchini, and whether or not to squeeze the water from the squash. In my experience, the best textured breads come from fully hydrated veggies.

This recipe slightly modified from Sugary Sweets.