

Zucchini Walnut Bread

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Dry Ingredients:

- 1 cup almond flour
- 1 cup coconut flour
- 1 cup chopped walnuts
- 2 Tbsp ground flaxseeds
- 1 Tbsp cinnamon
- 2 tsp baking powder
- 1/2 tsp sea salt
- 1/8 cup raisins (optional)
- 1/8 cups dark chocolate chips (optional)

Wet Ingredients:

- 2 large eggs
- 1 cup unsweetened applesauce
- 1/2 cup walnut oil, melted coconut oil, or melted butter
- 1/4 cup sour cream or coconut milk
- 1 cup grated zucchini (or grated apple, or mashed bananas)

Preparation:

Mix dry ingredients together.

Combine wet ingredients. Add to dry and stir until just incorporated.

Option: add raisins and/or dark chocolate chips for sweetness.

Bake in parchment lined loaf pan at 350 for 45 minutes or until toothpick or fork comes out dry.

Note: Let sit in loaf pan 30 minutes after cooking or it will fall apart when you turn it out.