
 Prep: 15 minutes Cook: 1 hour 16 servings

Baked Goods

Dessert

# Keto Zucchini Bread

## Description

Sugar free made with almond flour

## Ingredients

for 16 servings

- 1 ½ **cups** grated Grated zucchini packed, all the excess water removed, (230g)
- 2 ¼ **cups** Almond Flour (270g)
- 2 **tablespoon** Coconut Flour (17g)
- ¾ **cup** Erythritol , erythritol or xylitol (use 1 cup if you have a very sweet tooth!) (150g)
- 3 **teaspoon** Baking powder
- 1 **teaspoon** Ground cinnamon
- ¼ **teaspoon** ginger
- ¼ **teaspoon** Nutmeg
- 5 **large** Egg (*beaten*)
- ½ **cup** Coconut oil or melted butter (120 ml)
- 2 **teaspoon** Vanilla essence
- ½ **cup** Pecan nuts chopped, keep 1/4 cup for the top (60g)
- ½ **cup** Walnuts chopped (60g)

Conversion: *No conversion*

## Steps

1. Preheat oven to 180C (350F). Line a loaf pan 9 inches x 5 inches with a piece of parchment paper. Slightly oil the paper to make sure the bread doesn't stick to the pan. Set aside.
2. Grate the zucchini finely, skin on, using a food processor or a hand grater. Squeeze out the water from the grated zucchini pressing them with your hands first, then pat dry on kitchen absorbent paper (or clean towel). You must remove all the water from the zucchini or the bread batter may be too moist. Measure the amount of grated zucchini required by the recipe after you dry them. Set aside in a bowl.
3. In a large mixing bowl, whisk the almond flour, coconut flour, sugar-free crystal sweetener, baking powder, and spices : cinnamon, ginger and nutmeg. Set aside.
4. Stir in beaten eggs, vanilla and melted coconut oil. Combine for about 1 minute until it forms a consistent cake batter.

5. Stir in grated zucchini (make sure they are dry, no liquid) , chopped walnuts and 1/4 cup chopped pecan nuts as you keep 1/4 cup to decorate the top of the bread.
6. Transfer the batter into the prepared loaf pan and sprinkle the remaining 1/4 cup chopped pecan on top. Slightly press the nuts on top of bread to make sure they stick to it while baking.
7. Bake on fan-bake mode, in the center rack of the oven, for 50 -70 minutes in total. After 30 minutes add a piece of foil on top of the bread to avoid the top of the bread to burn and ensure the bread cook perfectly inside.
8. After 50 minutes baking, insert a skewer in the middle of bread if the batter stick a lot to the skewer it is not ready. Return to the oven with the piece of foil on top and keep baking for another 10 to 20 minutes. It can take up to 70 minutes to be fully baked inside as this is a thick bread, be patient and keep baking until set in the middle. Repeat the skewer trick every 10 minutes to check when ready. It is ready when few to no crumbs stick on the skewer and the center is not jiggly.
9. Cool in the pan for 15 minutes, then lift out the pieces of parchment paper to transfer the zucchini bread onto a cooling rack. Wait at least 3 hours or overnight before slicing. It must be fully cool down to avoid the bread to crumble when sliced.