

VEGAN ZUCCHINI BREAD

Ingredients

2/3 cup Monk Fruit granulated
1 Tbs honey
1 cup apple sauce
1/4 cup vegetable oil
1 tsp vanilla extract
1 1/2 cup all-purpose flour
1 tsp baking soda
1/2 tsp baking powder
1/2 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg
1/8 tsp cardamom
1 heaping cup shredded zucchini, (1 medium zucchini)
1/2 cup walnuts

Instructions

1. Preheat the oven to 350 F. Spray 8x4" loaf pan and set aside.
2. Using a handheld shredder or the shredding attachment of your food processor, shred 1 medium zucchini. Using a cheesecloth or a fine-mesh strainer, squeeze any excess liquid out of the zucchini and set aside.
3. In a mixing bowl, whisk together sugars with apple sauce, vegetable oil, and vanilla extract.
4. In a separate bowl combine flour, baking powder, baking soda, salt, and spices.
5. Add dry ingredients to wet and stir to combine. Fold in zucchini and walnuts.
6. Transfer batter into prepared loaf pan and bake for 45-55 minutes until a toothpick inserted in the middle comes out clean. Let cool 10 minutes in the loaf pan before transferring to a wire cooling rack to cool completely.
7. To store, cover bread in saran wrap or tin foil and store at room temperature for 3 days.