CHOCOLATE ZUCCHINI BREAD

Ingredients:



(dry)

- 1 ½ cups almond flour
- ½ cup tapioca flour
- ¼ cup coconut flour
- ½ cup cacao powder
- 1 tsp baking soda
- 1 tsp cinnamon
- ½ tsp kosher salt
- 1 cup chocolate chips (can reduce the amount or omit)

(wet)

- 3 organic eggs
- ½ cup applesauce
- ¼ cup maple syrup
- 1 tablespoon apple cider vinegar
- 1 ½ cups grated zucchini

Directions:

1. Preheat the oven to 350 degrees.
2. Add all the dry ingredients to a mixing bowl and stir until combined.
3. In a separate bowl add eggs, applesauce, apple cider vinegar, and maple syrup and whisk together.
4. Squeeze the grated zucchini in a nut milk bag or kitchen towel to remove the excess water. Then add the grated zucchini to the wet ingredients and stir to combine.
5. Pour the wet ingredients into the dry and stir until the batter is well mixed.
6. Then add in 3/4 cup of the chocolate chips and mix into the batter. Pour the batter into a greased 8.5 x 4.5-inch loaf pan and sprinkle the rest of the chocolate chips on top.
7. Bake the zucchini bread for 50-60 minutes or until a toothpick comes out clean.

NUTRITION PER SERVING:

Calories: 231kcal | Carbohydrates: 27g | Protein: 6g | Fat: 12g | Saturated Fat: 4g | Cholesterol: 43mg | Sodium: 236mg | Fiber: 4g | Sugar: 16g

Reference: https://downshiftology.com

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