

Zucchini Bread (Vegan)

Yield 4 mini loaf pans

Time: 10 minutes to prep, 50 minutes to bake

I cook and bake at 7100' elevation which means I need to add a little extra in the wet ingredients and a little extra in the time for baking.

Also, I always ALWAYS set all of these ingredients out measured BEFORE I begin combining. This is really important and a great habit to have for ALL cooking. Did you know some recipes must be done quickly and you do not have time to run to the store or a neighbor to borrow an ingredient. I have learned this enough times to keep it as a top priority habit taught to me by my mom. Last piece of advice: READ THE RECIPE ALL THE WAY TO THE END before you begin.



Wet ingredients:

1½ c shredded zucchini

½ c baked sweet potato (no skin)

¾ c white granulated sugar

¼ c brown sugar

¾c + 2T unsweetened applesauce (wait on the 2T until everything is combined)

2 chia eggs (1:3 ratio of 1T chia and 3T water) let sit a bit to firm up

1t vanilla

Dry ingredients:

2 c all purpose flour

½ t baking soda

½ t baking powder

½ t sea salt

1t ground cinnamon

Directions...

1. Set oven at 350 degrees.
2. Mini loaf pans (what I used) spread a smidge of canola oil with a paper towel. I put a slice of parchment paper length-wise (to then be able to lift the loaf out easily when done baking).
3. Combine chia egg mixture, set aside.
4. In a LARGER bowl combine all wet ingredients EXCEPT THE CHIA AND THE 2T OF APPLESAUCE). Set aside.
5. In a smaller bowl combine with a whisk all of the dry ingredients.
6. Add chia egg combo to rest of wet ingredients.
7. Slowly stir in the wet ingredients to the dry. If you feel like you need more moisture, add applesauce.
8. Using 1/4c as a scoop along with a spatula to scrape, put 3 scoops into each pan.
9. Tap them to spread evenly - but not too much and really, don't worry about it.
10. When oven hits 350 then put the pans randomly on the middle rack.
11. Bake for 50 minutes.

That's it!

by Sarita Shoemaker