

LOVE THY CARROT

real food made with love

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LOW CARB KETO ZUCCHINI LOAF

This recipe makes 1 loaf, about 12 slices

INGREDIENTS

1 cup almond flour
1/2 cup coconut flour
3/4 cup erythritol or xylitol
1/4 tsp salt
2 tsp cinnamon
1 1/2 tsp baking powder
5 eggs, large
1/2 cup avocado oil or coconut oil, melted and cooled
2 tsp vanilla extract
1 cup shredded zucchini, squeezed of excess water
hemp hearts, for sprinkling on top, optional

DIRECTIONS

1. Preheat the oven to 350 degrees. Grease a loaf pan and line the bottom with parchment paper.
2. In a medium bowl with mix together the almond and coconut flour, erythritol, salt, cinnamon and baking powder.
3. Add in the eggs, oil, vanilla, and stir to combine. Add in the zucchini and mix again.
4. Transfer to the loaf pan and top with hemp hearts. Bake in the preheated oven for 45-50 minutes, or until a toothpick inserted in the middle of the loaf comes out clean.
5. Allow to cool before removing from the pan.

COOKS NOTES

Once you have shredded the zucchini, simply squeeze the zucchini in your hands or use a clean dish cloth before adding it to the rest of the ingredients.
You could add in a 1/3 cup raisins, walnuts or pecans, or chocolate chips or any combination.
This loaf freezes well.