

# Chocolate Zucchini Bread

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 2 small zucchinis grated or 1.5 cups grated
- 1 cup brown rice flour\*
- 1/2 cup coconut flour
- 1/2 cup cocoa powder
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 cup monk fruit sweetener or coconut sugar
- 3 eggs\*\* whisked
- 1/2 cup olive oil
- 1 tsp pure vanilla extract
- 1/2 cup maple syrup
- 1/2 cup chocolate chips
- 3/4 cup chopped walnuts

## Instructions:

1. Preheat oven to 350F (180C). Line a standard size loaf pan with parchment paper.
2. Using a box grater, grate zucchini (skin on). Set aside.
3. In a large mixing bowl, combine flours, cocoa powder, baking soda, baking powder and sugar.
4. In a medium size bowl, combine wet ingredients including grated zucchini, eggs, olive oil, vanilla and maple syrup. Add wet ingredients to dry ingredients. Fold in chocolate chips and walnuts.
5. Pour mixture into loaf pan. Bake for 70-80 minutes until a fork inserted comes out clean. If the top is starting to burn, cover with tin foil until fully baked.
6. Let cool completely before slicing. Place in fridge for up to a week or freezer for up to 3 months.

## Notes:

\*If you're going to make flour substitutions you may need to alter the wet ingredients.

Coconut flour is not easily subbed with success. Brown rice flour can be probably be subbed for oat flour, but it's more dense and you'll likely need more liquid. \*\*Due to the coconut flour and number of eggs, I don't know if an egg replacement like flax or chia will hold this bread well.