

# Flaxseed Zucchini Bread

## Ingredients

- 1 ½ cups grated zucchini (with excess moisture squeezed out)
- 1 cup whole wheat flour
- ½ cup ground flaxseed
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp salt
- 2 eggs (or flax eggs for vegan: 2 tbsp flaxseed + 5 tbsp water)
- ¼ cup olive oil or melted coconut oil
- ¼ cup maple syrup or honey
- 1 tsp vanilla extract
- ¼ cup chopped walnuts or pecans (optional)

## Instructions

1. Preheat your oven to 350°F (175°C). Lightly grease a loaf pan or line with parchment paper.
2. In a medium bowl, mix flour, flaxseed, baking soda, cinnamon, nutmeg, and salt.

3. In another bowl, whisk the eggs, oil, maple syrup, and vanilla.
4. Add the grated zucchini to the wet ingredients and stir to combine.
5. Gradually add the dry ingredients to the wet mixture, stirring gently. Fold in nuts if using.
6. Pour the batter into the prepared loaf pan and spread evenly.
7. Bake for 45–50 minutes, or until a toothpick inserted in the center comes out clean.
8. Allow to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

## Benefits

- Rich in omega-3 fatty acids from flaxseed
- High in fiber and plant-based nutrients
- Supports digestive health and heart function
- Naturally sweetened and perfect for breakfast or snack