

Zucchini Bread



This moist and hearty zucchini bread is naturally sweetened with dates and packed with fibre and protein thanks to Greek yogurt, hemp seeds, and whole wheat flour. It makes a wholesome breakfast or snack that's dietitian-approved and easy to prepare. Have extra zucchini on hand? See more [zucchini based recipes here!](#)

Preparation 15 min

Cooking 60-75 min

Servings 8

Nutrition Facts (per serving)

Calories 215

Fat 8

Carbohydrates 27

Fibre 5

Protein 9

Sodium 250

Ingredients

Dry ingredients

- 220 g (1 $\frac{3}{4}$ cups) whole wheat all-purpose flour
- 60 ml ($\frac{1}{4}$ cup) hemp seeds
- 7.5 ml (1 $\frac{1}{2}$ tsp) ground cinnamon

- 5 ml (1 tsp) baking powder
- 2.5 ml (½ tsp) baking soda
- 2.5 ml (½ tsp) salt

Wet ingredients

- 125 ml (½ cup) plain Greek yogurt, 0% M.F.
- 8 dates, pitted
- 30 ml (2 tbsp) canola oil
- 10 ml (2 tsp) vanilla extract
- 2 large eggs, whisked
- 1 zucchini, shredded (no need to blot)

Preparation

1. Preheat oven to 350°F (180°C)
2. In a large bowl, whisk together the dry ingredients. Set aside.
3. In a blender, combine the yogurt, dates, oil, and vanilla. Blend until smooth.
4. Transfer the blended mixture to a medium bowl. Add the whisked eggs and shredded zucchini. Mix to combine.
5. Pour the wet mixture into the bowl with the dry ingredients. Stir just until combined. Avoid over-mixing. If the batter seems too dry, add a splash of milk or water.
6. Spread the batter evenly into a loaf pan lined with parchment paper.
7. Bake for 60 to 75 minutes, or until a toothpick inserted in the centre comes out mostly clean. Cover with foil halfway through if the top browns too quickly.
8. Let cool before slicing and serving.

Notes

Can be stored in the refrigerator for up to 4 days. Can be frozen up to 3 months.



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