



Ashley's Meal Prep Monday!



Zucchini Bread

INGREDIENTS

1 cup GF baking flour
¼ cup almond flour
2 TSP baking powder
½ TSP baking soda
½ TSP salt
1 ½ TSP cinnamon
¼ TSP nutmeg
¼ cup coconut sugar
¼ cup maple syrup
2 eggs
½ cup applesauce
¼ cup almond or oat milk
1 TSP lemon juice
2 TSP vanilla
1 cup grated zucchini
squeezed of excess water

Preheat oven to 350 and grease 3 mini loaf pans
OR one 9x5 pan with coconut oil. In a medium
bowl, combine flours, baking powder, baking soda,
salt, cinnamon and nutmeg. Whisk until mixed.
Add the sugar, syrup, eggs, applesauce, milk,
lemon juice, and vanilla.

Using a hand mixer, mix on low to evenly
combine. Add the zucchini and mix for 30
seconds or so to combine. You can also add in
nuts or chocolate chips here too!

Pour the batter into the prepared loaf pans. Bake
for 30-35 minutes until set in the middle. Let sit in
the pan for 10 minutes to cool and then turn out
onto a wire rack to continue cooling. If you're not
using mini loaf pans, increase the baking time to
45-50 minutes.



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