



Zucchini Bread

Vasudha Viswanath's favorite gluten free bread that can be used for everything

- 1 (7 oz.) medium zucchini
- 1/2 teaspoon and pinch salt, divided
- 1 cup chickpea flour
- 1 scant cup (100 g) blanched almond flour
- 1 Tablespoon baking powder
- 1 Tablespoon ground flaxseeds
- 2 large eggs

1. Grate the zucchini using the smaller holes of a box grater. Sprinkle a pinch of salt over the zucchini; let sit for 10 to 15 minutes to draw out moisture.
2. Preheat the oven to 350 degrees F. Line with parchment paper and lightly grease 8½ x 4½ x 2½ loaf pan.
3. Combine the chickpea flour, almond flour, baking powder, flaxseed, and the remaining ½ teaspoon of salt in a large bowl and mix well. Beat the eggs lightly in a separate bowl

4. Place the zucchini onto a thin towel, paper towel, or a nut milk bag and squeeze over a bowl to get as much moisture out as possible. (I usually get at least ¼ cup/60ml) Reserve the water for the next step.
5. Add 1/4 cup zucchini water, the beaten eggs, and grated zucchini to the dry ingredients and stir well with a large spoon or whisk, breaking up any lumps. If the batter is too thick to combine, add a bit more zucchini water, 1 Tablespoon at a time up to 4 Tablespoons, supplementing with regular water if needed. The batter should be thick, like a lump of wet sand.
6. Transfer the batter to the prepared pan and tap gently on the counter to settle. Bake for 35-45 minutes or until golden brown on top and a toothpick inserted in the center comes out clean.
7. Let cool for 15-20 minutes. Lift out with parchment paper to wire rack; remove; discard parchment paper. Transfer to a flat surface to slice; serve just as you would any other bread.

Cooking Notes from Vasudha:

Squeeze the zucchini hard to get as much moisture out as possible. (This is the key to not ending up with a soggy mess)

Store the bread in an airtight container for 3 to 5 days at room temperature or up to 3 months in the freezer. Defrost at room temperature for 4-5 hours or overnight.

To Veganize this Recipe:

1 medium zucchini (7 oz.)

½ teaspoon and pinch of salt, divided

1 heaping cup (140 g) chickpea flour

1 heaping cup (120 g) blanched almond flour

1-1/2 Tablespoons baking powder

2 Tablespoons ground flaxseed

6 Tablespoons aquafaba (liquid from chickpea can)

Follow the recipe as instructed omitting the eggs and adding the aquafaba in step 5.

Bake for 45 to 55 minutes.

Recipe by: Vasudha Viswanath, *The Vegetarian Reset*, The Collective Book Studio.
Recipe on p. 14-15 *Zucchini Bread*.

About the Recipe: This low-carb, gluten-free protein-rich bread has a mild savory flavor and gorgeous moist texture from the zucchini. It is endlessly versatile—use it for everything from grilled cheese to Pav Bhaji to breadcrumbs. There are several recipes in her cookbook that use this ingredient. This bread is dense and filling.