



my quiet  
kitchen

## Banana Zucchini Bread (Oat Flour, Vegan)

**Banana zucchini bread** combines everything you love about both banana bread and zucchini bread in one recipe! It's wonderfully fragrant, moist, and just sweet enough. This recipe is vegan, made with gluten-free oat flour, and contains no oil or butter. Omit the nuts to make it lower in fat, and use date or coconut sugar for a refined sugar-free bread!

**Prep Time** 10 minutes   **Cook Time** 55 minutes   **Total Time** 1 hour 5 minutes

**Servings**            8 servings

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### INGREDIENTS

- 1 medium zucchini
- 2 to 2 ½ large very ripe bananas (should equal 1 cup when mashed)
- ⅓ cup non-dairy milk (such as oat or soy)
- ⅓ cup tahini or smooth almond butter (or other nut/seed butter)
- ¼ cup maple syrup
- ¼ cup sugar
- 2 teaspoons vanilla extract
- 2 teaspoons apple cider vinegar
- 2 cups oat flour (see Notes)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon fine sea salt
- a few dashes nutmeg, *optional*
- ¼ cup chopped walnuts and/or pistachios, *optional*

### INSTRUCTIONS

1. Preheat the oven to 350°F (176°C), and line an 8x4 loaf pan with parchment. The paper doesn't need to cover the ends; just make sure there's enough overhang on the long sides to easily lift the loaf from the pan after baking.
2. Grate the zucchini and wrap it up in a tea towel or paper towels. Squeeze over the sink to remove as much moisture as possible. Set aside.

3. Mash the bananas with a fork and measure the puree; make sure you have 1 cup (8 fl oz). Add to a bowl with the remaining wet ingredients (milk, tahini, maple syrup, sugar, vanilla, vinegar), and whisk to combine.
4. In a mixing bowl whisk together the oat flour, baking powder and soda, cinnamon, salt, and nutmeg. Pour wet ingredients into dry. Stir to combine, then fold in the grated zucchini. The batter should be very fluffy and moist.
5. Transfer batter to the prepared pan. If desired, sprinkle nuts on top. Bake for about 55 minutes or until a tooth pick inserted in the center of the loaf comes out clean. Let the bread rest in the pan for about 15 minutes, then lift out by the parchment paper and place on a cooling rack. Cool completely before slicing.

## NOTES

**Oat flour measuring tips:** According to my measurements, 2 cups of oat flour weighs 190 grams. Some packaging and sources indicate somewhere around 120 grams per cup; ignore those numbers.

**If you don't own a kitchen scale,** whisk the oat flour to fluff it up. Then lightly scoop it up with a measuring cup and level off the excess. This will ensure you don't use too much flour, which could result in a dry bread.

### Storing

- **Room Temperature:** If you plan to enjoy your bread within a day or two, you can store it at room temperature in an airtight container or wrapped tightly in plastic wrap.
- **Refrigeration:** For a longer shelf life, refrigerate your banana zucchini bread for up to 5 days. Place it in an airtight container to prevent it from drying out.
- **Freezing:** Freeze as a whole loaf or individual slices. Wrap well then place in a freezer bag. Thaw in the refrigerator or at room temperature.

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