

Long Livo

Carrot Apple Zucchini Bread Recipe

20 min Prep time	**55 min** Cook time	**1 h 15 min** Total time
10 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1/2 teaspoon baking powder
- [ ] 1/2 teaspoon salt
- [ ] 2 teaspoons ground cinnamon
- [ ] 1/2 teaspoon nutmeg

Wet Ingredients

- [ ] 2 large eggs
- [ ] 3/4 cup packed brown sugar
- [ ] 1/2 cup vegetable oil
- [ ] 1 teaspoon vanilla extract

Vegetables & Fruits

- [ ] 1 cup grated zucchini (squeezed dry)
- [ ] 1 cup grated carrots
- [ ] 1 cup grated apple (peeled)
- [ ] 1/2 cup chopped walnuts (optional)
- [ ] 1/2 cup raisins (optional)

Instructions

1. Preheat your oven to 350°F (175°C). Grease a 9x5 inch loaf pan and line it with parchment paper, leaving some overhang for easy removal. Honestly, that parchment paper trick saves so much frustration later.

2. In a medium bowl, whisk together the flour, baking soda, baking powder, salt, cinnamon, and nutmeg. Set this aside. In another larger bowl, beat the eggs lightly, then whisk in the brown sugar, oil, and vanilla until everything is well combined and smooth.

3. Add the grated zucchini, carrots, and apple to the wet ingredients. Stir gently until everything is evenly distributed. Now, add the dry ingredients to the wet mixture. Fold gently with a spatula until just combined - don't overmix. A few streaks of flour are perfectly fine.

4. Pour the batter into your prepared pan and spread it evenly. If you're using walnuts or raisins, sprinkle them over the top now. Bake for 50-60 minutes, or until a toothpick inserted into the center comes out clean or with just a few moist crumbs.

5. Let the bread cool in the pan for 10 minutes, then use the parchment paper to lift it out onto a wire rack. Cool completely before slicing - I know it's hard to wait, but this makes for much cleaner slices. The bread slices best when completely cool.

Nutrition per serving

210 kcal	4 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Squeeze grated zucchini firmly but gently to remove excess moisture
- Don't peel the zucchini - the green specks add character
- Test doneness at 50 minutes - ovens vary considerably
- Cool completely before slicing for the best texture