



Makes 1 loaf (about 10 slices)
Preparation Time: 30 minutes
Cook Time: 1 hours 30 minutes

INGREDIENTS:

½ cup unsweetened, unflavored plant-based milk

1 avocado, halved, seeded, peeled, and mashed

1 tablespoon ground flaxseeds

½ cup pure cane sugar or date sugar

2 teaspoons pure vanilla extract

1 teaspoon lemon zest

1½ cups spelt flour

½ teaspoon regular or sodium-free baking powder

½ teaspoon baking soda

½ teaspoon sea salt

1½ teaspoon ground cinnamon

¼ teaspoon ground allspice

1 small zucchini, shredded (1 cup)

½ cup chopped walnuts (optional)

Secret Vegan Zucchini Bread

This sweet loaf of zucchini bread gets its tender crumb from a secret ingredient: avocado. Enjoy a slice at room temperature or toasted. Use the large holes of a box grater to get perfectly grated zucchini.

*Recipe from **Forks Over Knives—The Cookbook***

By Isa Chandra Moskowitz

- 1** Preheat oven to 350°F. Line an 8x4-inch nonstick or silicone loaf pan with parchment paper. In a large bowl stir together the first four ingredients (through sugar). Beat with a mixer on medium until smooth and creamy. Beat in vanilla and lemon zest. Add the next six ingredients (through allspice); beat until well combined. Fold in zucchini and, if desired, walnuts.
- 2** Pour batter into the prepared loaf pan. Bake 60 to 70 minutes or until top is very firm to the touch and sides are pulling away from pan. Cool in pan on a wire rack 30 minutes. Use parchment to lift bread from pan to wire rack. Let bread cool completely before slicing.