

Sugar-Free Zucchini Banana Blender Bread

Description

Our weekly CSA order has been full of zucchini lately. It's delicious when simply sliced and steamed with a little sea salt and pepper, but I wanted to use some of it in a different way.



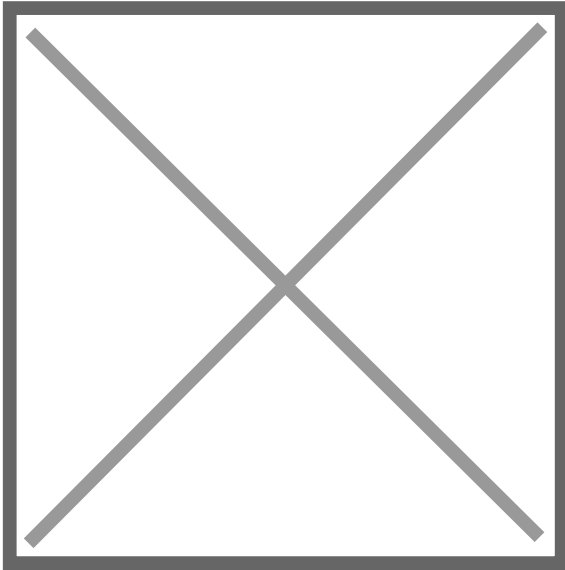
Since I already have my plate full (pun intended) with cooking the meals for our family, I knew it shouldn't take too much time, but I still wanted stray from the norm. Hmmm, something different, something fast, and something zucchini; what to do.

I quickly decided to make use of my favorite kitchen tool, the Vitamix! Then I'd really turn that zucchini into squash. Yes, pun intended once more.

[Bananas](#) are usually always around our home since Avery loves them and they are an easy and healthy breakfast. Especially when on the go since they have their own "built-in" wrapper.

Thus, this sugar-free zucchini banana blender bread was born baked. If you don't have or want to use oats, try protein powder or peanut flour instead. The taste and texture will be different, but I think equally delicious. Actually, I might make a protein version soon.

Zucchini Banana Blender Bread



by RC Liley

Prep Time: 5 Minutes

Cook Time: 40 minutes

Keywords: bake bread gluten-free sugar-free

Ingredients (1 Loaf)

- 1 1/2 cups [rolled oats](#)
- 1 cup [coconut flour](#)
- 1 ripe banana
- 1 small zucchini or 3/4 of a medium to large one
- 1 tsp cinnamon
- 1 tsp [aluminum free baking powder](#)
- 3/4 tsp salt
- 12 drops [regular or vanilla liquid stevia](#)
- 1 1/2 tsp pure vanilla extract
- 1/3 cup milk of choice
- 1/4 cup egg whites or 3 whole eggs

Instructions

Grease a 9Ã—5 loaf pan making sure to get all the up the sides and corners. I used [coconut oil](#).

Preheat oven to 350 F

Put the oats and coconut flour in your blender and blend until you see a fine powder.

Add remaining ingredients and blend until smooth.

Pour batter into the prepared pan and bake in the middle of the rack for 40 minutes.

Remove from the oven and let cool completely to room temp. This allows the bread to retract from the sides as it cools which makes it MUCH easier to remove.

Go around the sides with a thin rubber spatula or butter knife and turn upside down to remove from loaf pan.

Slice as thick or thin as you™d like and enjoy your healthy bread plain or with a pat of grass-fed butter. Better yet, smother it in NuttZo!

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Have your kiddos help by throwing the ingredients in the blender and turning it on. Parenting tip: never actually use the word “throw” when asking your kids to do *anything* in the kitchen. Now that [I™m at that point with Avery, kinda](#), this is an easy way to get her cooking healthy food with me in the kitchen.



When and if you give this recipe a try, come back and let me know how you like it.

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