

Chocolate-Walnut Zucchini Bread (Nut-Free, Soy-Free)

This recipe is from Beth Bader of Kids Cuisine and the Expatriate's Kitchen.

Be sure to select chocolate chips that are safe for your diet (vegan, dairy-free, nut-free, soy-free, etc.). For the ultimate allergy-friendly chocolate chips, seek out the ones from Enjoy Life Foods

Chocolate-Walnut Zucchini Bread

Dry Ingredients:

1 3/4 cup flour
1/2 tbs. baking powder
1/2 tsp. baking soda
1/2 tsp. kosher salt
4 tbs. cocoa powder

Cream together:

3 eggs
1/2 cup sugar
1/2 cup brown sugar
1/2 cup canola oil
1 tsp. vanilla

Fold in:

3 cups grated zucchini
1 cup dark chocolate (bittersweet) chips
2/3 cup chopped walnuts [omit for nut-free]

Preheat oven to 350 degrees.

Grate the zucchini and set aside to drain. Mix together the dry ingredients, blending well. Using a mixer, cream the "wet" ingredients and sugars. Slowly add the dry ingredients until just blended. Squeeze out the excess moisture from the zucchini before adding. Fold in the zucchini, chocolate chips and nuts. Put batter into a standard loaf pan.

Bake for about one hour. The water content of the zucchini can vary, so check the bread. If a toothpick inserted in the top and center comes out clean, it should be done. I baked mine for closer to 90 minutes, so you have to watch it. The final product is incredibly moist, more like bread pudding bread than bread. Lovely. The surprise here is that both recipes use the vegetable as the main ingredient. They also use less oil than many baked goods because of the high moisture content you get from the carrots or squash.