

Prep time: 20 minutes

Bake time: 60-70 minutes

Total time: 1 hour 30 minutes

Yield: One 9×5-inch loaf (12 servings)

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Why This Zucchini Bread is the Best

- **Exceptionally Moist:** The grated zucchini does double duty, adding both flavor and incredible moisture, ensuring the bread stays tender for days.
- **Perfectly Spiced:** We use a balanced blend of cinnamon and nutmeg. This isn't a spice bread, but the spices are present enough to add warmth and complexity without overpowering the zucchini.

- **Balanced Sweetness:** A mix of granulated and brown sugar provides not just sweetness but also a hint of molasses-like richness that complements the spices. It's sweet, but not cloyingly so.
 - **Foolproof Method:** Our instructions include precise time and intensity guides, from grating to folding to baking, eliminating guesswork and ensuring success for bakers of all levels.
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Ingredients

For the Bread:

- 1 ½ cups (180g) all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- 1 ½ teaspoons ground cinnamon
- ¼ teaspoon freshly grated nutmeg

- $\frac{2}{3}$ cup (133g) granulated sugar
- $\frac{1}{2}$ cup (100g) packed light brown sugar
- $\frac{1}{2}$ cup (120ml) vegetable or canola oil
- 2 large eggs, room temperature
- 1 $\frac{1}{2}$ teaspoons pure vanilla extract
- 2 cups (packed) grated zucchini (about 1 medium-large zucchini, do not drain)
- $\frac{3}{4}$ cup (90g) chopped walnuts or pecans, toasted (optional but recommended)

For the Glaze (Optional):

- $\frac{1}{2}$ cup (60g) powdered sugar
 - 1-2 tablespoons milk or heavy cream
 - $\frac{1}{4}$ teaspoon vanilla extract
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Equipment

- 9×5-inch loaf pan
 - Box grater
 - Stand mixer or large mixing bowl with a hand mixer
 - Whisk
 - Spatula
 - Wire cooling rack
 - Parchment paper (optional)
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Instructions: A Step-by-Step Guide with Time & Intensity

Step 1: Preparation (Time: 10 minutes | Intensity: Low)

1. Preheat the Oven: Position a rack in the center of your oven and preheat to 350°F (175°C) .

2. Prepare the Pan: Grease a 9×5-inch loaf pan with non-stick spray or butter. For easy removal, line it with a piece of parchment paper, leaving an overhang on the long sides.
3. Prep the Zucchini: Wash and dry your zucchini. There's no need to peel it. Using the large holes of a box grater, grate the zucchini. Do not squeeze out the liquid. This water is essential for a moist loaf. Set aside.
4. Toast the Nuts (Optional): If using nuts, spread them on a baking sheet and toast in the preheating oven for 5-7 minutes, until fragrant. Let them cool, then roughly chop.

Step 2: Mix the Dry Ingredients (Time: 3 minutes | Intensity: Low)

In a medium bowl, whisk together the 1 ½ cups flour, 1 teaspoon baking soda, ½ teaspoon baking powder, ½ teaspoon salt, 1 ½ teaspoons cinnamon, and ¼ teaspoon nutmeg. Whisking ensures the leaveners and spices are evenly distributed throughout the flour.

Step 3: Combine the Wet Ingredients (Time: 5 minutes | Intensity: Medium)

In the bowl of your stand mixer fitted with the paddle attachment (or in a large bowl with a hand mixer), combine the ⅔ cup granulated sugar, ½ cup brown sugar, ½ cup oil, 2 eggs, and 1 ½ teaspoons vanilla extract. Beat on medium speed for about 2 minutes, until the mixture is light, creamy, and well-combined.

Step 4: Bring the Batter Together (Time: 3 minutes | Intensity: Low)

1. Add the dry ingredients to the wet ingredients in two additions, mixing on low speed after each addition just until the flour is incorporated. Do not overmix. A few streaks of

flour are fine.

2. Remove the bowl from the mixer. Using a spatula, gently fold in the grated zucchini and toasted nuts until they are evenly distributed. The batter will be thick.

Step 5: Bake to Perfection (Time: 60-70 minutes | Intensity: High)

1. Pour the batter into your prepared loaf pan and smooth the top with a spatula.
2. Bake for 60-70 minutes. The intensity here is high because the baking window is critical.
3. Check for Doneness: Start checking at the 60-minute mark. A toothpick inserted into the center of the loaf should come out clean or with just a few moist crumbs attached. If it comes out with wet batter, continue baking, checking every 5 minutes.
4. The Oven's Heat: The temperature is a steady 350°F, providing a consistent, moderate heat that allows the loaf to rise and set without the outside browning too quickly before the inside is cooked.

Step 6: Cool and Finish (Time: 15 minutes active, 1 hour passive | Intensity: Low)

1. Once baked, remove the pan from the oven and place it on a wire cooling rack. Let the loaf cool in the pan for 10-15 minutes. This is crucial—trying to remove it too early can cause it to break apart.

2. Using the parchment overhang, lift the loaf out of the pan and transfer it to the cooling rack to cool completely. This takes at least an hour.
3. Optional Glaze: Once the bread is completely cool, whisk together the powdered sugar, milk, and vanilla in a small bowl until smooth. Drizzle over the top of the loaf. Let the glaze set for a few minutes before slicing.

Nutrition & Serving (Serving Size: 1 Slice)

The following nutrition is an estimate, calculated without the optional nuts and glaze. Adding them will increase the fat, calorie, and sugar content.

- Servings: 12
- Calories: ~190 kcal
- Total Fat: 10g
- Saturated Fat: 1g
- Cholesterol: 35mg
- Sodium: 180mg

- Total Carbohydrates: 24g

- Dietary Fiber: 1g

- Total Sugars: 13g

- Protein: 3g