## KETO SWEET ZUCCHINI BREAD RECIPE

I can’t express enough, the “feel goods” you will get from this **Keto Sweet Zucchini Bread Recipe**.

I finally mastered the sweet bread like Grandma used to make! Yes, I have her written recipe and have made it many times in my adult life…  But, all of those recipes have been tucked away since I started my Keto journey. I have to admit, I was terrible at baking when I was younger. So many times, I would attempt bread and cookies and FAIL! Miserably.

It was so frustrating, having two grandmothers that always made amazing recipes, as a kid. So many memories of helping them mix and pour and stir in their kitchens. Why was I so awful at it?

One day, it clicked. I loved to cook and bake, but I wasn’t putting any LOVE into it! My mother hated cooking and her food tasted like it. She rarely ever put out a meal that had any love in it. I never understood why her food was so plain and bland, until that point.

My Grandmothers both put so much time and energy into everything they made, that food was EVERYTHING when we were there. How did it skip a generation, to where I had to spend the early part of my childhood, really disliking everything put in front of me at home?!

My memories of Grandma (on my Mom’s side) as a kid, bring me such vivid recollection of happy times. Watching her slow dance around the kitchen, chatting away, with the biggest smile on her face. Most of my time visiting there, I had cousins and sometimes the aunts/uncles there as well.

So, we always enjoyed the family time we shared around Grandma’s food. My absolute favorite thing she made, was her chocolate chip zucchini bread. Even better, chocolate-chocolate chip zucchini bread! Best thing ever, seriously.. I couldn’t get enough and always wanted more.

During my disaster baking trials, I just put her recipe away and couldn’t even bring myself to attempt it. After my breakthrough, I pulled it back out and successfully started replicating her bread. When zucchini was in season, you’d know what I would be making!

As I previously said, Keto set me back from my “normal” baking agenda for a while… But I decided it was time to get back out the old recipes and transform them into a Keto-friendly version of amazingness!!

My Grandma is still with us, but life is much slower these days and I don’t believe she is still baking quite so much. I don’t see her often, but the love runs deep in my memories and thoughts. I would hope that if she gets a chance to see this post, she would feel the love that I am trying to share with all of you.

My version of her original is as close as I could possibly get to all of the love I absorbed from her as a child. It brings me joy, reminds me of where I came from, playing around the property with my cousins and just being at Grandma’s house. The warmth and comfort of her home.

I am so pleased with how this bread turned out. The “feel goods” will continue for me, and be enjoyed for many years to come for my family. My Keto journey is established and I will further progress in my baking adventures, with the heart of my family beside me.

Thank you, Grandma, for being such a wonderful woman. My thoughts are with both of my amazing Grandmothers every time I add that extra love into a recipe.

This recipe is demonstrated as a sweet zucchini bread originally without chocolate chips in the first photos, then with Lily’s Dark Chocolate Chips (not calculated in Nutrition Information) in the other photos below.

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Makes: 12 servings

**KETO SWEET ZUCCHINI BREAD RECIPE INGREDIENTS**

* 4 Large Brown Eggs, beaten
* 1/2 c. Unsalted Butter, melted
* 2 tbs [MCT Oil](https://amzn.to/2QOgTxq) or coconut oil
* 1/2 c. Swerve, confectioners
* 1/2 c. [Organic Stevia Blend by Pyure](https://amzn.to/2ps7uyM)
* 1 tsp Vanilla Extract
* 1/2 tsp Maple Extract by Watkins
* 1 c. Blanched [Almond Flour](https://lowcarbinspirations.com/almond-flour) by Nature’s Eats
* 1/2 c. Organic Coconut Flour Gluten Free by Arrowhead Mills
* 1/2 tsp Himalayan Pink Salt
* 2 tsp Baking Powder
* 1/2 tsp [Xanthan Gum](https://amzn.to/2OId2jM)
* 1/2 tsp Baking Soda
* 1 tsp Organic Cinnamon, Ground
* 1 c. Zucchini, Raw shredded

**KETO SWEET ZUCCHINI BREAD RECIPE INSTRUCTIONS**

1. Preheat oven to 325 degrees.
2. Line a 9×5 loaf pan with parchment paper, spray lightly with non-stick spray.
3. In a large bowl- Add beaten eggs, melted butter, oil, [sweeteners](https://amzn.to/2ps7uyM), extracts. Blend well.
4. In a separate bowl- Add Almond/coconut flours, salt, baking powder/soda, xanthan gum, and cinnamon, whisk until blended and no clumps.
5. Add the dry ingredients into the wet, mix until incorporated.
6. Fold in the zucchini (and any optional add-ins).
7. Spread evenly into loaf pan, tap on counter a couple times to release any air pockets.
8. Bake on middle rack for 70 minutes. If your oven runs hot, check if done at 60 mins.
9. Let cool on counter/cooling rack for 20-30 minutes before slicing