



Wellings®
CAREFREEDOM LIVING



Walnut Zucchini Loaf

SERVINGS:
10-12 SLICES

PREPPING TIME:
10-15 MINUTES

COOKING TIME:
45 MIN

Ingredients

- 2 ½ - 3 cups of grated zucchini
- 1 cup walnuts, roughly chopped
- 3 eggs
- 1 ½ cup sugar (adjust based on sweetness preference)
- 1 cup oil (canola or vegetable oil works well)
- 2 tsp vanilla essence
- 3 cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- ½ tsp salt (optional)



Directions

1. **Preparation:** Preheat your oven to 325°F (165°C). Grease a loaf pan or line it with parchment paper.
2. **Zucchini & Walnut Prep:** If you haven't already, grate the zucchini. You can leave the skin on for added texture and color. Roughly chop the walnuts and set both aside.
3. **Wet Ingredients:** In a large bowl, whisk together the eggs, sugar, oil, and vanilla essence until the mixture is smooth and well combined.
4. **Dry Ingredients:** In a separate bowl, sift together the flour, baking powder, baking soda, cinnamon, and salt (if using).
5. **Combine:** Slowly add the dry ingredients to the wet ingredients, stirring just until combined. Be cautious not to overmix.
6. **Zucchini & Walnuts:** Fold in the grated zucchini and chopped walnuts until they're evenly distributed throughout the batter.
7. **Bake:** Pour the batter into the prepared loaf pan and smooth the top with a spatula. Place in the preheated oven and bake for 45 minutes, or until a toothpick inserted into the center of the loaf comes out clean or with just a few crumbs.
8. **Cool:** Once done, remove from the oven and allow the loaf to cool in the pan for about 10 minutes, then transfer it to a wire rack to cool completely.
9. **Serve & Enjoy:** Slice the cooled loaf and serve! It pairs wonderfully with a cup of tea or coffee.