

RECIPE



Zucchini and Pumpkin Seeds Bread is a nutrient-dense, gluten-free loaf packed with wholesome ingredients. This bread is perfect for a healthy snack or as part of a balanced meal, offering a combination of plant-based protein, healthy fats, and fiber. The grated zucchini adds moisture, while the pumpkin seed flour and protein provide a unique nutty flavor and a boost of nutrition. Infused with the earthy aroma of rosemary and a satisfying crunch of walnuts and pumpkin seeds, this bread is both delicious and nourishing.

Zucchini and Pumpkin Seeds Bread

(1 loaf)

Ingredients

- 1 ½ cups packed grated zucchini
- 1 ½ teaspoons sea salt
- 5 large eggs
- ½ cup olive oil
- ¼ cup honey
- 1 ¼ cups pumpkin seeds flour
- 1 cup pumpkin protein or any other unsweetened protein
- 2 Tbsp. coconut flour
- 2 Tbsp. flaxseeds flour
- 1 Tbsp. baking powder
- ½ tsp. baking soda
- ½ cup raw walnuts, chopped
- 1 Tbsp. fresh rosemary, chopped
- 2 Tbsp. pumpkin seeds



Yours to Artful Eating,

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Instructions

Preheat oven to 350°F.

Transfer the grated zucchini to a medium bowl along with the sea salt and mix. Set aside.

In a bowl, whisk together the eggs, olive oil, and honey. Beat well until fluffy.

In another large bowl, whisk together the pumpkin flour, pumpkin protein, coconut flour, flaxseeds flour, baking powder, baking soda, walnuts, and rosemary. Stir to combine.

Pour the wet ingredients into the dry ingredients and stir until well combined.

Add the zucchini and mix well until incorporated.

Lightly grease an 8x4-inch loaf pan with olive oil, or line with parchment paper and pour the batter into the prepared pan. Use a spatula to smooth the top.

Sprinkle the seeds all over the bread and bake for 45 minutes, or until a toothpick inserted into the center comes out clean.

Let cool in the pan for 10 minutes before turning and cutting.

Health Benefits of this gluten-free, nutrient-rich bread:

- High in Protein: Pumpkin protein, eggs, and pumpkin seed flour support muscle repair and satiety.
- Heart-Healthy Fats: Olive oil, walnuts, and pumpkin seeds promote cardiovascular health and reduce inflammation.
- Rich in Fiber: Flaxseed, coconut flour, and zucchini aid digestion and stabilize blood sugar.
- Low in Sugar: Sweetened with natural honey, it avoids refined sugar spikes.
- Micronutrient Dense: Zucchini, rosemary, and walnuts provide vitamins, minerals, and antioxidants.

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