

CARDAMOM TAHINI ZUCCHINI BREAD | GF & DF

RECIPE BY: LINDSEY LOVE | DOLLY AND OATMEAL

| *makes one 8.5 x 4.5 inch loaf* |

notes:

- this recipe calls for an 8.5 x 4.5-inch loaf pan. however, a 9 x 5-inch loaf pan will work as well. the loaf will cook for slightly less time (i would test it around the 40/45-minute mark, and the it will be a bit more squatty in stature.
- i love cardamom here, however if you don't have it/don't like it, simply swap it out for more cinnamon, ground nutmeg, or even ground ginger.
- the tahini i always find to be perfectly runny enough to bake with includes: soom, seed + mill, and 365 brand tahini.

INGREDIENTS

- 1 large zucchini
- 1 cup brown rice flour
- 1/4 cup almond flour
- 1/4 cup arrowroot powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/2 cup granulated monkfruit sweetener (or granulated sugar)
- 1/4 cup coconut sugar
- 2 pasture raised eggs, at room temperature
- 1/3 cup runny tahini
- 1/3 cup unrefined coconut oil, melted and cooled, more for greasing the pan
- 1 teaspoon pure vanilla extract
- 1 1/2 tablespoons granulated sugar
- 1 1/2 tablespoons white sesame seeds
- dried rose petals (optional)

METHOD

1. preheat oven to 350°F. grease a 8.5 x 4.5-inch loaf pan with coconut oil, and line it with parchment paper, leaving enough to hang over each side.

2. grate the zucchini over the large holes on a box grater. grab a clean dish towel, put the shredded zucchini in, and wring out the liquid. use your fingers to fluff the zucchini, then measure out 1 cup and set aside.
3. in a large bowl, whisk together the flours, arrowroot, baking powder, baking soda, salt, and spices until combined.
4. in another large bowl, whisk together the sugar and eggs. add the zucchini, tahini, coconut oil, and vanilla. use a rubber spatula to mix everything together. 1/3 at a time, add the dry ingredients to the wet, until the batter is completely combined.
5. pour the batter into your pan, and use your spatula to smooth out the top. sprinkle the granulated sugar and sesame seeds over top.
6. bake in the center of your oven for 50-60 minutes, until a cake tester (or toothpick) inserted in the middle comes out clean. remove the loaf from the oven, and position an oven rack in the upper third of your oven. turn your broiler to high. place the loaf on the rack, and broil until most of the seeds are golden, and the sugar is caramelized, about 1-2 minutes.
7. remove the zucchini bread, and place on a cooling rack. allow it to cool, then remove from the pan. slice thick and serve warm. the tahini zucchini bread is best served the day of, but will stay fresh on your counter covered with parchment for up to 2-3 days. if the loaf dries out a bit, toast it up in your toaster oven (or oven) and smear with vegan butter and flaky salt (you won't regret it 😊). better yet, melt butter in a hot skillet and fry both sides until a bit toasty, and sprinkle with salt.