



ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 10 mins

Cook time: 40 mins

Serves: 10 slices

INGREDIENTS

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 tsp salt
- 1 tbsp cinnamon
- 1 tbsp ground ginger
- 1 tsp ground cloves
- 1/2 tsp allspice
- 1/4 tsp nutmeg
- 1/2 tsp baking soda
- 2 tbsp honey
- 1 tsp vanilla essence
- 1 zucchini, grated
- 3 eggs
- 1 tbsp olive oil

METHOD

- Preset oven to 180°C (350°F).
- Grease and line a loaf tin with baking paper.
- In a bowl, combine almond flour, coconut flour, salt, baking soda and spices.
- In another bowl, combine all the other ingredients and whisk well.
- Add wet ingredients to dry ingredients and mix well.
- Pour mixture into prepared tin, and bake for 30 minutes.
- Reduce oven temperature to 160°C (320°F) and bake a further 10 minutes.
- Remove from oven and cool on a wire rack.

SPICY ZUCCHINI **CINNAMON** **BREAD**

