



LOW-FODMAP ZUCCHINI BREAD



INGREDIENTS

ITEM	QUANTITY
• Certified Gluten-free Oat Flour	1 Cup
• Almond Flour	½ Cup
• Finely Grated Zucchini, Squeezed Very Well to Remove Excess Moisture	½ Cup
• Large Eggs	2
• Brown Sugar	¼ Cup
• Lactose-free Milk	¼ Cup
• Melted Unsalted Butter	2 Tbsps.
• Pure Vanilla Extract	1 Tsp.
• Baking Powder	1 Tsp.
• Ground Cinnamon	½ Tsp.
• Salt	¼ tsp.

SERVING SIZE

1 SLICE



PREPARATION

- ✔ Preheat oven to 350°F.
- ✔ Line a small loaf pan with parchment paper.
- ✔ Whisk together the eggs, brown sugar, lactose-free milk, melted butter, and vanilla.
- ✔ Stir in the squeezed zucchini.
- ✔ In a separate bowl, combine the oat flour, almond flour, baking powder, cinnamon, and salt.
- ✔ Add the dry ingredients to the wet ingredients and stir just until combined.
- ✔ Pour the batter into the prepared loaf pan.
- ✔ Bake for 35-45 minutes, or until a toothpick inserted in the center comes out clean.
- ✔ Allow to cool completely before slicing.