

# Blueberry Zucchini Bread

Servings: 8

Prep Time: 30 minutes

Cook Time: 1 hour 30 minutes



## INGREDIENTS

- 2 cups all-purpose flour
- 1/4 cup coconut flour
- 1 teaspoon vanilla extract
- 1/4 cup low-fat sour cream
- 1 1/2 cups fresh blueberries
- 1 cup packed grated carrots
- 1/2 cup packed grated zucchini (strained to remove excess moisture)
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, at room temperature
- 1/2 cup coconut sugar
- 1/2 cup brown sugar
- 3 eggs

## INSTRUCTIONS

- 1 Preheat oven to 350°F. Grease 9- x 5-inch loaf pan and line with enough parchment paper to leave a 2-inch overhang on either side.
- 2 Whisk together all-purpose flour, coconut flour, baking powder, baking soda, cinnamon, and salt. Using an electric mixer, beat together butter, coconut sugar, and brown sugar until light and fluffy; beat in eggs, one at a time, beating well after each addition. Beat in vanilla.
- 3 With an electric mixer on low, alternately beat in flour mixture in 3 parts and sour cream in 2 parts, starting and ending with flour mixture, and scraping down bowl as needed between additions. Fold in blueberries, carrots and zucchini.
- 4 Scrape into prepared pan; smooth top. Bake for 80 to 90 minutes or until a knife inserted into the center comes out clean. Let cool completely in the pan on a rack.

## Variations

- Substitute Greek yogurt for sour cream if preferred.

