

Zucchini Brownies

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These **Zucchini Brownies** are easy delicious brownies perfect for using many zucchini from your garden. The recipe takes under 15 minutes to prepare and it's also egg-free, and dairy-free.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at:

<https://www.theconsciousplantkitchen.com/zucchini-brownies/> or scan the QR code here [→](#)



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Prep Time	Cook Time	Total Time
15 mins	25 mins	40 mins

Servings: 12 brownie squares Calories: 161.6kcal Author: Carine Claudepierre

Ingredients

- 1 ⅓ cups Shredded Zucchini undrained, packed in the cup (note 1)
- ¼ cup Light Olive Oil (note 2)
- 1 teaspoon Vanilla Extract
- ¾ cup Unrefined Sugar (note 3)
- 1 cup All-Purpose Flour (note 4)
- ⅓ cup Unsweetened Cocoa Powder (note 5)
- ½ teaspoon Baking Soda
- ½ teaspoon Salt
- ⅓ cup Dark Chocolate Chips (note 6)

Instructions

1. Preheat the oven to 350 °F (180 °C). Line a 8-inch baking sheet with parchment paper. Lightly oil with cooking oil spray. Set aside.
2. Trim, and finely grate the zucchini using a hand grater or the thinner grating attachment of a food processor. Do not squeeze out the juice of the shredded zucchini, pack in cups to measure what you need for the recipe. Set aside.
3. In a large mixing bowl, whisk flour, sugar, baking soda, salt, and cocoa powder until well combined.
4. Bring the shredded zucchini above the bowl, squeeze them so they release their juice into the flour mixture, then drop the shredded zucchini into the bowl. This step makes it easier to stir the brownie batter later. Add now the olive oil, vanilla extract, and chocolate chips.
5. Use a rubber spatula to stir and press the zucchini into the dry ingredients, as you press they release more juice, wet the dry ingredient, and a thick brownie batter forms. It looks very dry and crumbly at first, keep stirring and pressing, you need the zucchini to wet the dry ingredients and form the batter for the best brownie texture. I like to squeeze the batter by hands (I know it's messy), but if it looks too crumbly it will release the juice from the shredded zucchini, forming the batter nicely.
6. If the batter is still too dry and does not come together, add 1-2 tablespoons of water until the batter forms. I never need to add water because my zucchini are very juicy. The batter should be shiny, thick, and dense, not ultra runny and wet.
7. Pour the batter into the prepared pan.
8. Bake the brownies for 25-28 minutes in the center rack at 350 °F (180 °C) until the top cracks and a toothpick inserted in the center comes out clean.
9. Let the brownies cool down for 10 minutes in the pan, then on a cooling rack before slicing.

10. If you like, sprinkle a few chocolate chips on top of the warm brownies they melt as they cool down.

Notes

Note 1: You can peel, or unpeel the zucchini, it's up to you. If you are using ultra-large zucchinis from your garden, they will form many seeds in the center, scrape them out before shredding.

Note 2: Any low flavor oil works, like canola oil or melted plant-based butter, or melted butter if you use dairy in your kitchen (I don't).

Note 3: White sugar is the best option for brownies that truly crackle on the top. Other options like coconut sugar, and demerara sugar won't provide the same outcome.

Note 4: The recipe doesn't work with oat flour or almond flour. I didn't try all-purpose gluten-free flour and I can't guarantee it will deliver the same texture and taste. Try my gluten-free zucchini brownies for a gluten-free option using almond flour.

Note 5: Or the same amount of cacao powder.

Note 6: I use 70% dark chocolate bars that I roughly chopped in chunks. But any dark chocolate chips work as well.

Storage: Store the brownies in an airtight container in the fridge for up to 4 days, or freeze in Ziploc bags for up to 1 month. Thaw at room temperature the day before.

Nutrition

Serving: 1 square | Calories: 161.6kcal | Carbohydrates: 25.1g | Protein: 2.1g | Fat: 6.6g | Saturated Fat: 2.3g | Polyunsaturated Fat: 0.6g | Monounsaturated Fat: 3.4g | Cholesterol: 0.05mg | Sodium: 149.9mg | Potassium: 115.9mg | Fiber: 1.5g | Sugar: 14.6g | Vitamin A: 28.1IU | Vitamin B12: 0.01µg | Vitamin C: 2.5mg | Calcium: 22.2mg | Iron: 1mg | Magnesium: 18.5mg | Phosphorus: 40.3mg | Zinc: 0.5mg

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