

Zucchini Muffins

These muffins have it all: whole grains, warm spices, crunchy nuts, and the veggie goodness of zucchini. These are great to freeze for a healthy breakfast or snack any time.

YIELD	PREP TIME	TOTAL TIME
12 SERVINGS	15 MIN	35 MIN

INGREDIENTS

½ cup	All Purpose Flour
1 cup	Whole Wheat Flour
1 tsp	Baking Soda
2 tsp	Cinnamon, ground
½ tsp	Ginger, ground
½ tsp	Kosher Salt
½ cup	Sugar, granulated
1 each	Egg, large
1 tsp	Vanilla Extract
½ cup	Canola Oil
¼ cup	Water
½ each	Lemon, juiced (about 1 Tablespoon)
1 ½ cups	Zucchini, un-peeled, grated (about 1 small or ½ medium zucchini)
½ cup	Walnuts, chopped

CHEF'S NOTES

Zucchini is a great choice for adding to baked goods thanks to its high moisture content. This batter will seem a little dry when you mix it, but have faith that the zucchini will release its liquid into the batter as the muffins bake, resulting in the perfect texture in the final product.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Prepare a 12-cup muffin pan by lining with paper liners or spraying with nonstick cooking spray.
2. In a large mixing bowl, whisk together the all-purpose flour, whole wheat flour, salt, baking soda, cinnamon, ginger, and sugar until combined. Set aside.
3. In a separate mixing bowl, whisk together eggs, vanilla extract, oil, water, and lemon juice, until combined. Pour mixture into the dry ingredient mixture and stir with a spatula until just combined. (Do not overmix). Fold in the grated zucchini and chopped walnuts until just combined.
4. Portion the batter evenly between 12 baking cups.
5. Bake for 18-20 minutes, or until a toothpick inserted in the center of the muffin comes out clean. Transfer the pan to a cooling rack, then serve the muffins warm or let cool to room temperature. Store in a sealed container for up to 2 days or freeze.

Nutrition Facts

12 servings per container

Serving size 1 muffin (53g)

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 13g 17%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 190mg 8%

Total Carbohydrate 21g 8%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 8g Added Sugars 16%

Protein 3g 6%

Vitamin D 0.1mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 80mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: EGG, WHEAT, WALNUT

Recipe adapted from *Health meets Food: Zucchini Muffins* (12/6/17)



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