

Zucchini Muffins

Prep Time: 15 minutes
Cook Time: 25 minutes
Total time: 40minutes

Recipe makes 12 muffins.



Ingredients:

- 2 eggs (or flax eggs)
- 1/4 cup sugar
- 1/2 cup brown sugar
- 1 1/2 tsp vanilla
- 2 cups grated zucchini
- 1/2 cup vegetable oil
- 2 3/4 cup all-purpose flour
- 3/4 tsp baking soda
- 3/4 tsp baking powder
- 2 tsp cinnamon
- 1 /2 tsp ground ginger
- 1/4 tsp nutmeg
- 1/2 tsp salt
- 1 /2 cup walnuts and/or chocolate chips

Method:

1. Preheat oven to 375°F & grease muffin pan
2. Mix wet ingredients in one bowl & dry ingredients in another bowl
3. Combine wet & dry (don't over mix), add walnuts/chocolate chips
4. Fill muffin pan
5. Bake for 18-23 minutes - test with toothpick to ensure centre of muffin is cooked
6. Cool in pan for 5 minutes, and allow to cool for another 20 minutes.
7. Freeze muffins, once completely cooled, for up to 3 months - warm in microwave to reheat.

Nutrition Facts: Per muffin*

Calories	256
Total fat	13g
Saturated fat	2g
Sodium	220mg
Total Carbohydrates	22g
Fibre	1g
Protein	4g

*Approximate amounts

