

Zucchini Oat Muffins



Course: Breakfast
Categories: Whole grain
Source: www.livingupwell.com
Serving size: 1 muffin
Preparation time: 10 mins
Cooking time: 20 mins



Ingredients

1.5 cups white whole wheat flour
1/2 cup rolled oats
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon salt
1 egg
1/2 cup honey or maple syrup
1/3 cup unsweetened almond milk (or dairy milk)
1/4 cup coconut oil
2 tablespoons applesauce (store bought or apple, I prefer gala)
1.5 cups zucchini
1 teaspoon vanilla extract

Directions

1. Pre-heat oven to 350 F. Grease muffin tin with coconut oil or avocado oil if non-stick.
2. In a large mixing bowl combine: 1.5 cups flour, 1/2 cup oats, 1 tsp each of baking soda & baking powder, 1 tsp cinnamon, 1/2 tsp salt.
3. Finely grate zucchini with cheese grater (optional: peel zucchini before grating if your kids are picky about having green bits in muffin). Mix, then add grated zucchini and mix again.
4. In medium bowl combine: 1 beaten egg, 1/4 cup coconut oil, 2 tbsp applesauce, 1/2 cup honey, 1 tsp vanilla extract. (If coconut oil solidifies, warm in microwave for 20 seconds)
5. Pour wet ingredients into dry ingredients and mix until just incorporated, a few lumps are ok. Over-mixing will cause the muffins to be dense and not rise.
6. Divide batter evenly between 12 muffin cups. Optional: Sprinkle the tops with raw (turbinado) sugar (I suggest this the first time you are trying it, especially if your kids that are use to sweeter muffins).
7. Bake 18-20 minutes or until muffins are golden and a toothpick inserted comes out clean. Remove from oven.
8. Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.
9. To store, put in baggie or air-tight container at room temperature for 2 days, refrigerate for 5 days or freeze for up to 6 months. Can be served cold or warmed for 30 seconds in microwave.

Notes

For applesauce: Peel, remove core and dice 1 apple. Place in food processor with 1/4 cup almond milk (or dairy milk) and process until smooth. Freeze leftovers and use for next time. Alternatively, buy unsweetened applesauce.

Nutrition Facts		
Serving Size		1 Muffin
Amount Per Serving		
Calories		159.5
	% Daily Value*	
Total Fat	5.7 g	7 %
Saturated Fat	4 g	20 %
Trans Fat	0 g	
Cholesterol	15.5 mg	1 %
Sodium	256.2 mg	11 %
Total Carbohydrate	25.9 g	9 %
Dietary Fiber	2.3 g	8 %
Total Sugars	12.5 g	
Added Sugars	11.6 g	23 %
Protein	3.3 g	
Vitamin D	0.2 mcg	1 %
Calcium	50 mg	4 %
Iron	1 mg	5 %
Potassium	135 mg	3 %
* 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.		