



Zucchini Muffins

Freeze extras, and defrost anytime for an easy breakfast or snack. Try this: For egg substitute, combine 1 tablespoon of ground flax seed with 3 tablespoons of water per egg. Allow to rest for 5 minutes.

<u>U.S.</u>		<u>Metric</u>
1/2 cup	All Purpose Flour	60 g
1 cup	Whole Wheat Flour	113 g
1/2 tsp	Salt, Kosher	3 g
1 tsp	Baking Soda	3 g
2 tsp	Cinnamon, ground	4 g
1/2 tsp	Ginger, ground	1.2 g
1/2 cup	Sugar, granulated	99 g
1/4 cup	Swerve Sugar Substitute	6.3 g
1 large	Egg, lightly beaten	1 large
1 tsp	Vanilla Extract	5 mL
1/2 cup	Canola Oil	118 mL
1/4 cup	Water	60 mL
1 Tbsp	Lemon Juice	15 mL
1 1/2 cups	Zucchini, un-peeled, grated	213 g
1/2 cup	Walnuts, chopped	56 g

Preparation:

1. Gather all ingredients and equipment.
2. Heat oven to 350°F (180°C). Prepare a 12-cup muffin pan by either greasing it with cooking spray or lining the cups with paper liners. Set aside.
3. In a large mixing bowl, whisk together the all-purpose flour, whole wheat flour, salt, baking soda, cinnamon, ginger, Swerve, and sugar until combined. Set aside.
4. 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 spoon until just combined. (Do not overmix). Fold in the zucchini and walnuts until just combined.
5. Portion the batter evenly between 12 baking cups.
6. Bake for 18-20 minutes, or until a toothpick inserted in the center of the muffin comes out clean. Transfer pan to a cooling rack, then serve the muffins warm. Or let cool to room temperature, then store in a sealed container for up to 2 days, or freeze.

Nutrition Facts

12 Servings

Serving size 1 muffin

Amount per serving

Calories 210

Calories from Fat 120

Total Fat 13 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 7 g

Cholesterol 15 mg

Sodium 190 mg

Total Carbohydrate 25 g

Dietary Fiber 2 g

Total Sugars 9 g

Includes 8g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 2 %

Iron 6 %

Potassium 144 mg

Phosphorus 72.9 mg