

What's Really In It?

Blueberry Zucchini Muffins



Ingredients

1 ½ cups whole wheat flour
1 teaspoon baking soda
1 teaspoon cinnamon
¼ teaspoon salt
1 cup shredded zucchini, make sure to squeeze out any excess water. Zucchini holds a lot of moisture
½ cup maple syrup or honey - both are tasty, but preference is maple syrup
½ teaspoon vanilla extract
2 tbsp of melted butter (can sub olive oil)
1/3 cup applesauce
1 egg
¼ cup almond milk or any milk of choice
1 cup fresh or frozen blueberries

Directions

Preheat oven 350
Line muffins pan with muffin liner OR use non-stick spray
In large bowl combine all dry ingredients
In separate med bowl combine wet ingredients - mix well until combined.
Add dry ingredients to wet ingredients and mix just until combined
Gently fold in blueberries
Evenly distribute batter into muffin tins filling about ¾ full.
Bake 22-25 mins
We add walnuts 1/3 cup to give these some added crunch

Drizzle some warmed up almond butter over the tops & baked = so yummy!
Use a hand grater for the zucchini it grates it smaller & makes it a little less noticeable

Enjoy!