

Healthy Zucchini Spice Muffins

Adapted from *SimplyRecipes.com*

Provided by the Auburn Interfaith Food Closet

RECIPE TYPE: Breakfast, snack

MAKES: 12 small muffins

PREP TIME: 15 minutes BAKE TIME: 25 minutes



INGREDIENTS:

- 1 egg
- ½ cup vegetable oil
- ½ cup sugar
- ½ cup applesauce or mashed banana
- 1 teaspoon vanilla
- 2/3 cup all-purpose flour
- 1 cup whole wheat flour
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon allspice
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1.5 cups grated zucchini (about 1 medium zucchini)
- Optional add-ins: Chocolate chips, raisins, sunflower seeds, and/or walnuts

DIRECTIONS:

1. Grease or line 12 muffin cups. Preheat oven to 350° F.
2. Beat the egg in a small bowl. Add oil, sugar, vanilla, and grated zucchini.
3. In a separate bowl, combine the dry ingredients. Add wet ingredients to dry ingredients, and stir just until incorporated. Fold in the optional add-ins of your choice.
4. Fill muffin cups ¾ of the way full, and bake 25 minutes, or until muffins are fragrant, and a toothpick inserted in the top comes out clean. Let cool before serving.

Note: This recipe can be doubled.



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