

Healthy Muffin Mania!

Chocolate Zucchini Muffins

Dry Ingredients

1 cup of almond flour
1/2 cup of cocoa (I used the darkest I could find)
1/2 cup of coconut flour
1 1/2 teaspoon of baking soda
sprinkle of sea salt
1/2 cup coconut sugar (I use Lakanto Sugar - no calories!)
1/2 cup dark chocolate chips (I use the mini enjoy life)

Wet Ingredients

1 tsp vanilla
1 1/2 cups of shredded zucchini (squeeze out excess water with paper towel)
1/2 teaspoon of apple cider vinegar
1 cup of almond milk, coconut milk, or a plain yogurt (kefir)
1 ripened mashed banana
3 eggs separated

*If you like nuts in your muffins, then add a 1 cup of crushed walnuts



Pre-heat your oven to 350 degrees fahrenheit

- Grate zucchini and set aside
- In a large mixing bowl, add all dry ingredients and break up lumps with a fork
- In another mixing bowl, add all wet ingredients including mashed banana and zucchini
- With a whisk, mix up the egg whites in a small separate bowl (no need to overdo it)
- Pour the wet ingredients into the dry ingredients and mix it up
- Add the egg whites and mix again
- Pour into the muffin cups and put them into the oven for about 35 minutes (test them after 30 minutes with a toothpick)

Apple Walnut Almond Muffins

Dry Ingredients

1 cup of almond flour
3 tablespoons of coconut flour
1/2 teaspoon of baking soda
1 teaspoon of cinnamon (add two if you like cinnamon)
A few sprinkles of salt (yes a few sprinkles as I feel saying a 1/4 teaspoon is too much)

Wet Ingredients

1 large apple grated (you can dice as well but I prefer to grate)
1 ripened mashed banana (omit if you prefer)
3 eggs beat

1 heaping tablespoon of coconut oil, melted (if you don't have coconut oil, a light tasting olive oil is fine)

2 tablespoons of raw honey

Pre-heat oven to 350 degrees fahrenheit

- Mix the dry ingredients into the wet ingredients and stir
- Pour your mixture into the muffin cups
- Bake for approx. 30 - 35 minutes (test at 30 minutes with toothpick)

Chocolate Chip Almond Flour Muffins

Dry Ingredients

3/4 cup of almond flour

1/4 cup of coconut flour

1/2 teaspoon of baking soda

1 teaspoon of cinnamon

Sprinkle of salt

Wet Ingredients

3 eggs

2 ripened mashed bananas

1 heaping tablespoon of melted coconut oil (use light olive oil if need be)

1 teaspoon of vanilla

1/4 cup of raw honey (may need to adjust according to your liking)

Pre-heat oven to 350 degrees fahrenheit

- Mix dry into wet and stir very well, add chocolate chips and stir some more
- pour into silicone cups
- Bake for approx. 30 minutes (test between 25 and 30 minutes with a tooth pick)



Some tips!

When I bake, I use the same type of products repeatedly. I thought I would share what those are, as most of them are on my healthy shelf :) Of course you can use whatever brand of product you wish, but thought I would tell you what I do carry, and use for my baking.

Ojio's Organic Coconut Oil (sold on my shelf)

Vanilla extract straight from Mexico (sold on my shelf from my good Mexican friend)

Raw Honey - honey bee is right here in Guelph! (sold on my shelf from my other good friend)

Lakanto Sweetener - zero calories, 1-to-1 in baking as you would use sugar (sold on my shelf)

Cinnamon (not sold on my shelf)

Ripened mashed banana (adds sweetness and not sold on my shelf)

I also always use a silicone muffin tray, as almond and coconut flour will stick to the paper cups (not sold on my shelf)



