



ZUCCHINI BANANA MUFFINS

Makes 12 muffins

INGREDIENTS

Dry Ingredients

- 1 1/2 cups whole wheat pastry flour
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt

Wet Ingredients

- 3/4 cup mashed ripe banana (about 2 small to medium bananas)
- 2 tablespoons olive oil (or sub melted butter)
- 1/4 cup honey (or sub pure maple syrup)
- 2 teaspoons vanilla extract
- 1 egg
- 1 heaping cup shredded zucchini (from 1 medium zucchini, shredded and squeezed of excess moisture)
- 1/3 cup unsweetened almond milk (or any milk)

Credit: Ambitious Kitchen

INSTRUCTIONS

Preheat the oven to 350° F. Line a 12 cup muffin tin with muffin liners and spray the inside of the liners with nonstick cooking spray. This is critical to making sure the muffins don't stick to the liners.

In a large bowl, whisk together the dry ingredients: whole wheat pastry flour, baking soda, cinnamon and salt.

In a separate large bowl, mix together the following with a wooden spoon: zucchini (make sure it's been squeezed of excess moisture), mashed banana, olive oil, honey, egg, vanilla extract, and almond milk.

Gently stir in dry ingredients until just combined. Fold in chocolate chips, walnuts and shredded coconut.

Divide batter evenly between greased muffin liners. Bake for 22 to 27 minutes. Muffins are done when a toothpick comes out clean or with just a few crumbs attached.

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MUFFINS

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INGREDIENTS

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- 1/2 cup chocolate chips, dairy free if desired
- 1/3 cup chopped walnuts (or pecans)
- 1/3 cup shredded unsweetened coconut

INSTRUCTIONS

Allow muffins to cool in muffin tin for 5 to 10 minutes before transferring to a wire rack to finish cooling. Store muffins in airtight container in the fridge for up to 5 days. Muffins can also be frozen for up to three months.

To make these vegan: Sub pure maple syrup instead of honey. Sub 1 flax egg instead of a regular egg. Make sure you use dairy-free/vegan chocolate chips.

To make these gluten free: I suggest using chickpea flour or an all purpose gluten-free flour.

To bake as bread: Make muffin batter as directed. Pour into a greased 9x5 inch loaf pan. Bake for 50 to 60 minutes or until toothpick inserted into middle comes out clean.

To freeze muffins: After muffins are done baking and cooling, transfer to an airtight container. Store in freezer for up to three months. Once ready to defrost, simply leave out for a few hours, or microwave for 30 seconds to a minute.