



ZUCCHINI MUFFINS

SNACKS

PREP TIME: 20-25 MINUTES COOK TIME: 25 MINUTES YIELD: 24 MUFFINS

INGREDIENTS

2 ¼ cups spelt or whole-wheat flour	1 egg yolk
½ teaspoon baking soda	1 teaspoon vanilla extract
½ teaspoon baking powder	1 tablespoon molasses
½ teaspoon salt	1 tablespoon honey
1 ½ teaspoons ground cinnamon	⅔ cup vegetable oil
½ teaspoon nutmeg	2 cups finely shredded unpeeled zucchini
2 large egg whites	½ chopped nuts or dark chocolate chips (optional)

DIRECTIONS

1 Preheat oven to 375 degrees. Line a muffin tin with paper liners, set aside.

2 In a large bowl combine flour, baking soda, baking powder, salt, cinnamon and nutmeg.

3 In a mixing bowl with an electric mixer, beat egg whites on high to stiff peaks. Lightly fold egg whites into the flour mixture.

4 In a separate bowl combine egg yolk, vanilla extract, molasses, honey, vegetable oil and zucchini. Fold into flour mixture until just combined. Stir in nuts or chocolate chips if desired.

5 Fold egg white into zucchini mixture until just combined.

6 Fill muffin cups ¾ full. Bake for 20-25 minutes until toothpick comes out clean.

7 Cool for 5-10 minutes before removing from paper liners.

TIP: Before you put in the egg yolk mixture the batter should be quite thick; if you find it is runny, add ¼ cup of flour. You can swap grated carrot for zucchini—add ½ cup low fat plain yogurt and you have a delicious batch of carrot muffins.

NUTRITION INFORMATION PER SERVING (WITHOUT NUTS OR CHOCOLATE CHIPS):
Calories: 73, Calories from Fat: 23, Protein: 3 g, Carbs: 11 g, Dietary Fiber: 2 g,
Sugars: 2 g, Fat: 3 g, Sodium: 83 mg