



# Zucchini Muffins

Prep: 15 minutes | Cook: 22-24 minutes | Total: ~40 minutes

Yield: 12 servings | Serving Size: 1 muffin

## Ingredients

Nonstick cooking spray or muffin liners  
⅓ cup canola oil  
½ cup sugar  
2 eggs  
¼ cup lowfat (1%) milk  
2 teaspoons vanilla extract  
¼ teaspoon salt  
1½ cups white whole wheat flour (or other flour)  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1½ cups grated zucchini (gently squeeze out moisture)

## Directions

1. Preheat oven to 350°F.
2. Spray muffin tins with nonstick cooking spray or use muffin liners.
3. In a large bowl combine the oil, sugar, eggs, vanilla and milk. Whisk to combine.
4. In a medium bowl, combine salt, flour, baking soda and cinnamon. Stir to combine.
5. Add the dry to the wet ingredients and mix until combined.
6. Fold in the grated zucchini.
7. Pour batter into muffin pan filling each well ~¾ full.
8. Bake in preheated oven for 22-24 minutes or until toothpick inserted in center of muffin comes out clean.

## Recipe Notes

- Freeze muffins in an airtight container for up to 4 months.
- Substitute your favorite non-dairy milk alternative if desired.
- Stir in ¼ cup chocolate chips or chopped nuts in step 6 if desired.

**Nutrition Facts Per Serving:** Calories: 160 | Total Fat: 7 g | Saturated Fat: 0.8 g  
Sodium: 170 mg | Total Carbohydrate: 21 g | Dietary Fiber: 2 g | Protein: 3 g

Adapted from Cookie and Kate | Submitted by Robin LaCroix, RD, CSO  
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