

Chocolate Zucchini Muffins

12 servings

Zucchini is perfect for adding to baked goods because it has a mild flavor and keeps baked goods moist without having to add extra fat to the recipe.

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/3 cup cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 egg
- 1/3 cup brown sugar
- 1/2 cup fat-free milk
- 1 ripe banana, gently rubbed under cold running water, peeled and mashed
- 1 medium zucchini, scrubbed with clean vegetable brush under running water, grated (about 1 cup)

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Line a muffin pan with 12 baking cups.
3. In a large bowl, combine flours, cocoa powder, baking powder, and baking soda. Mix well.
4. Break egg into a medium bowl. Wash hands with soap and water after cracking the raw egg. Add the brown sugar, milk, banana, and grated zucchini and mix well.
5. Add wet ingredients to dry ingredients and stir just enough to combine the ingredients.
6. Divide the mixture into 12 muffin cups.
7. Bake for 20 minutes or until a toothpick inserted near the center comes out clean.
8. Store muffins in an airtight container at room temperature for two to three days or freeze for up to three months.



Nutrition Information per Serving (1 muffin): Calories 80, Total Fat 1g, Saturated Fat 0g, Cholesterol 15mg, Sodium 100mg, Total Carbohydrates 16g, Fiber 2g, Total Sugars 6g, includes 4g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 4%.