

Whole Wheat Zucchini Muffins

Ingredients

1/3 c Vegetable Oil
1/2 c Maple Syrup
2 Eggs
2/3 c Milk
2 t Vinegar
2 t Ground Cinnamon
1/2 t Ground Nutmeg
1 t Baking Powder
1/2 t Baking Soda
1/2 t Salt
2 t Vanilla Extract
1 1/2 c Zucchini (grated)
1 3/4 c Wheat Flour
2 T Turbinado Sugar

Instructions

- 1.Preheat oven to 400 degrees. Grease all 12 cups on your muffin tin with cooking spray and set aside. In a measuring cup add milk and vinegar mix and let sit for 5 minutes before using.
- 2.In a large mixing bowl, combine the oil, syrup, eggs, milk and vanilla. Beat them with a whisk until they are fully incorporated.
- 3.In a medium bowl add cinnamon, baking powder, baking soda, salt, nutmeg, and flour. Whisk to blend until fully incorporated.
- 4.Switch to a spatula and fold the dry ingredients into the wet ingredients. Once fully incorporated gently fold in the zucchini. A few lumps are ok.
- 5.Divide the batter evenly between the 12 muffin cups. Sprinkle turbinado sugar on the top of batter. Bake muffins for about 20 minutes, or

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until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.

6. Place the muffin tin on a cooling rack to cool for 10 minutes, then take them out of the tin to cool completely. If you have leftover muffins, store them, covered, at room temperature for two days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.