

ZUCCHINI APPLE MUFFIN

Zucchini muffins are a great way for the whole family to eat some green vegetables. The applesauce also replaces oil so that it keeps the muffins moist with added nutrition. With filling fiber, protein and lower sugar, they will keep your family full and focused!

ALL YOU NEED:

- 1 1/2 cups Hy-Vee all-purpose flour
- 3/4 cup almond flour
- 1/2 cup packed Hy-Vee brown sugar
- 3/4 cup oat or wheat bran
- 3 tbsp chia or flax seeds
- 2 tsp Hy-Vee baking soda
- 1 tsp Hy-Vee baking powder
- 1 1/2 tsp Hy-Vee ground cinnamon
- 2 Hy-Vee large eggs, lightly beaten
- 3/4 cup buttermilk
- 3/4 cup Hy-Vee unsweetened applesauce
- 2 tsp Hy-Vee vanilla extract
- 3 cups grated zucchini, drained (about 2 medium)
- Chopped Hy-Vee walnuts, optional



ALL YOU DO:

1. Preheat oven to 350 degrees.
2. Lightly coat mini muffin pan with cooking spray; set aside.
3. In a large bowl, combine flours, brown sugar, oat bran, chia seeds, baking soda, baking powder and cinnamon; set aside.
4. In another large bowl, combine eggs, buttermilk, applesauce and vanilla. Stir in zucchini, mixing just until combined. Stir in flour mixture just until combined. Do not over-stir.
5. Spoon 1 tablespoon of batter into each muffin cup. If desired, top with walnuts.
6. Bake for 12 to 14 minutes or until a toothpick inserted in center comes out clean.
7. Let cool in pan on a wire rack for 5 minutes.
8. Remove muffins to a wire rack. Cool completely.
9. Repeat with remaining batter.

NUTRITION FACTS PER SERVING:

Calories: 93, Protein: 3g, Carbohydrate: 15g, Saturated Fat: 0g, Cholesterol: 15mg, Sodium: 150mg, Dietary Fiber: 2g, Sugars: 5g, Fat: 3g, Trans fats: 0g

JOIN THE CLUB

Sign up at Hy-VeeKidsFit.com.