

Zucchini Muffins



Ingredients:

Nonstick cooking spray
2 cups whole wheat flour
2 teaspoons baking powder
½ teaspoon baking soda
2 teaspoons cinnamon
½ cup applesauce
¼ cup oil (canola, olive, or vegetable)
¼ cup milk
1 banana, mashed
¼ cup brown sugar
1 cup zucchini, washed and shredded
(about half large unpeeled zucchini)
¼ cup chocolate chips (optional)

Instructions:

1. Wash hands with warm water and soap.
2. Preheat oven to 350 degrees Fahrenheit.
3. Spray muffin pan with nonstick cooking spray.
4. Whisk together flour, baking powder, baking soda, and cinnamon in a large bowl.
5. Whisk together applesauce, oil, milk, banana, and sugar in a separate bowl.
6. Add wet ingredients to dry ingredients. Stir until just moistened.
7. Stir in the zucchini and chocolate chips.
8. Divide the mixture between 12 muffin tins. Bake for about 18 minutes or until a tester (knife or toothpick) comes out clean.

Makes 12 servings