



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%.



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