

THE DIETITIANS NETWORK OF NOVA SCOTIA

Zucchini Muffins

Zucchini has a mild, slightly nutty flavour and is a good source of Vitamin C and potassium. Zucchini can be used in a wide variety of recipes and are an easy addition to any garden!

Recipe Name:	Zucchini Muffins
Recipe by:	Adapted by Antonia Harvey, RD from <i>The Dinner Mom</i>
Short description of recipe:	Shredded zucchini creates moist muffins and is a nice change from fruit-based recipes.
Serves	12 muffins
Ingredients:	1 cup (250 mL) whole wheat flour ½ cup (125 mL) all-purpose flour 2/3 cup (160 mL) white sugar ½ tsp (2.5 mL) baking powder ½ tsp (2.5 mL) baking soda ½ tsp (2.5 mL) ground cinnamon 2 cups (500 mL) grated zucchini (about two small zucchini) 2 eggs, beaten ½ cup (125 mL) 0% M.F. (milk fat) plain Greek yogurt ½ cup (125 mL) raisins or dried cranberries
Instructions:	<ol style="list-style-type: none">1. Preheat the oven to 350F.2. Lightly grease or line two six-cup muffin tins or one twelve-cup muffin tin.3. Wisk together all dry ingredients except raisins/dried cranberries in a large bowl. Set aside.4. Combine all wet ingredients, including zucchini, in a medium bowl.5. Add wet ingredients to dry and gently mix until just combined. Fold in the raisins/dried cranberries. Note that the batter will be very stiff.6. Distribute the batter evenly between the 12 muffin cups.7. Bake for 20-25 minutes, or until the muffins are firm and lightly browned.8. Let muffins cool for 5 minutes before removing from tins and transferring to a wire rack.