

ZUCCHINI MUFFINS



Ingredients (makes 4 or more servings):

- 1 C all-purpose flour
- 1 C whole wheat flour
- 1 Tbsp baking powder
- 1/4 tsp salt
- 1/4 tsp nutmeg
- 1/2 C sugar
- 1 C shredded zucchini
- 1 Tbsp lemon zest
- 2 Tbsp canola oil
- 1 Tbsp vegan sour cream
- 3/4 C soy or almond milk
- 1/3 C raisins
- 1/3 C dry pineapples
- 1/4 C chopped walnuts or almonds

Directions:

1. Preheat oven to 375 degrees
2. Line a 12-cup muffin pan (or 30-cup mini muffin) with paper cases or spray with nonstick cooking spray
3. In a large bowl, combine flour, baking powder, salt, nutmeg and sugar
4. In a medium bowl, combine zucchini, lemon zest, canola oil, sour cream and almond milk, stirring well
5. Make a well in the dry ingredients. Add zucchini mixture, raisins, pineapples & walnuts. Stir until just moist. Do not over mix.
6. Spoon batter into muffin cups.
7. Bake for 20 minutes or until a toothpick inserted in the center comes out clean.