Zucchini Muffins

This recipe is a satisfying snack that helps you eat all your vegetables with a smile.

Serves 18



Nutrition Facts

Serving Size 1 Muffin Servings Per Recipe 18

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Amount Per Se	rving		
Calories 12) Ca	lories fron	n Fat 40
		% Da	aily Value*
Total Fat 4.5	ōg		7 %
Saturated Fat 0.5g 3%			
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 180mg			8 %
Total Carbohydrate 18g6%			6 %
Dietary Fiber 2g			8%
Sugars 7g			
Protein 3g			
Vitamin A 8%	6•	Vitamin 0	C 4%
Calcium 6%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0		300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

Ingredients

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- ¹⁄₄ teaspoon salt
- ¼ cup oil
- ¹/₂ cup applesauce
- ¹/₂ cup plain, non-fat yogurt
- 3 eggs
- ⅓ cup sugar
- ¼ cup milk
- 2 teaspoons vanilla
- 2 cups zucchini, grated
- ¹/₂ cup dried apricots, finely chopped

Directions

- 1. Preheat oven to 375 degrees.
- 2. In a large bowl, mix together both flours, baking powder, baking soda, cinnamon, and salt and set aside.
- 3. In a separate bowl, whisk together olive oil, applesauce, yogurt, eggs, sugar, milk, and vanilla.
- 4. Add the flour mixture and stir to combine.
- 5. Fold in zucchini and apricots.
- Add liners to muffin pan or coat with cooking spray and fill muffin tins about ³/₄ of the way full.
- 7. Bake 15-20 minutes or until brown around the edges.
- 8. Cool for 10 minutes in muffin pan before removing to a wire rack to cool completely.



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