



## Oatmeal Zucchini Muffins

SERVINGS: 24 MINI MUFFINS

PREPPING TIME: 10 MINS

COOKING TIME: 15 MINS

### INGREDIENTS

- 1 1/4 cups oat flour
- 3/4 cup quick oats
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/4 tsp. salt
- 1/2 cup pure maple syrup
- 1/3 cup extra virgin olive oil
- 1 large egg
- 1 large egg white
- 1 tsp. vanilla extract
- 1 cup finely shredded zucchini, water squeezed out and lightly packed
- 3/4 cup dark chocolate chips

### DIRECTIONS

1. Preheat oven to 350°F and spray mini muffin pan with oil, or use liners; set aside.
2. In a medium bowl, add oat flour, quick oats, baking soda, ground cinnamon and salt; set aside
3. In a large bowl whisk together maple syrup, olive oil, egg, egg white and vanilla extract.
4. Add dry ingredients to large bowl of wet ingredients; stir a few times then fold in zucchini and chocolate chips. Stir until combined.
5. Evenly distribute batter into 24 mini muffin pan, filling just about to the top. Bake for 12-15 minutes – or until toothpick inserted in center comes out clean. Allow muffins to cool in pan for 5-10 minutes before carefully removing. If using oil and no liners, try gently lifting edges with toothpick.

### NUTRITION

Serving size: 1 muffin  
(per serving) 126 calories, 6.4g fat, 2g saturated fat, 7.9mg cholesterol, 84.9mg sodium, 14.8g carbohydrate, 1.9g fiber, 5.6g sugar, 2.6g protein