



Ashley's Meal Prep Monday!



Zucchini Muffins



INGREDIENTS

1 1/2 cups whole wheat flour
1 TSP baking soda
1 1/2 TSP cinnamon
1/4 TSP salt
1 cup shredded zucchini (squeeze excess moisture with towel)
1/2 cup maple syrup or honey
1/2 TSP vanilla
1/4 TSP almond extract
2 TBSP melted coconut oil
1/3 cup unsweetened applesauce
1 egg
1/4 cup unsweetened almond milk
1 cup fresh blueberries
(or chocolate chips)
optional: sprinkle of lemon zest

- Preheat oven to 350 and line a 12 cup muffin pan with nonstick spray or muffin liners (I love the silicone liners and you don't have to spray them)
- In large bowl combine flour, baking soda, cinnamon and salt.
- In medium bowl, add zucchini, maple syrup, vanilla, almond, oil, applesauce, egg and milk. Mix until combined. (Sprinkle in lemon zest)
- Add dry ingredients to wet, mix. Fold in blueberries or chocolate chips
- Fill muffin tins about 3/4 of the way full and bake for 22 minutes.



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