



Ashley's Meal Prep Monday!



GF/Dairy Free Zucchini Muffins

INGREDIENTS

- 2 large eggs
- 1/2 cup avocado oil
- 1/2 cup cane sugar
- 1/4 cup coconut sugar
- 1 TSP vanilla
- 1/2 TSP salt
- 1/2 TSP baking soda
- 1/2 TSP baking powder
- 1 TBSP cinnamon
- 1 1/2 cups GF flour
- 1 cup grated zucchini

Pre heat oven to 350. Line a muffin pan with liners or spray OR use a silicone pan.

Shred one medium zucchini, equal to one cup. In a large bowl, whisk eggs with oil, sugar, coconut sugar, and vanilla. Stir in the salt, baking soda/powder, cinnamon and flour. Stir in shredded zucchini.

Scoop batter into muffin tin and bake on the center rack for 25-30 minutes. Allow to cool for a few minutes on cooling rack.



Recipe: www.mamaknowsglutenfree.com

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