



Ashley's Meal Prep Monday!



Blueberry Banana Zucchini Muffins

INGREDIENTS

1 cup mashed banana
1 cup grated zucchini,
packed and squeezed
1/2 cup almond milk
1/4 cup butter (I used
melted coconut oil)
2 eggs
1 TSP vanilla
1 1/2 cups GF flour
1/4 coconut sugar
2 TSP baking powder
1 TSP cinnamon
1 cup fresh or frozen
blueberries

Preheat oven to 400 and spray a muffin tin, or use a silicone pan, which I highly recommend.

Add mashed banana, zucchini, milk, butter, eggs and vanilla to a medium bowl and stir gently with a spatula.

Add the flour, sugar, baking powder, and cinnamon, stir to combine. Stir in the blueberries gently.

Divide the batter into the muffin tins, about a heaping 1/4 cup in each. Bake for 22-28 minutes, or until a toothpick comes out clean and muffins are golden brown.

Let cool a bit before removing and then enjoy!

Recipe: www.yummytoddlerfood.com

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