

Ashley's Meal Prep Monday!

Maple Blueberry Zucchini Muffins

INGREDIENTS

1 ½ cups GF flour
1 TSP baking soda
1 TSP cinnamon
½ TSP salt
1 cup shredded zucchini,
squeezed of excess
moisture
½ cup maple syrup or
honey
½ TSP vanilla
¼ TSP almond extract
2 TBSP melted butter or
olive oil
½ cup unsweetened
applesauce
1 egg
¼ cup unsweetened
almond milk
1 cup fresh or frozen
blueberries

Preheat oven to 350 and line a muffin pan with spray or liners. "I love using silicone trays" In a large bowl, combine the dry ingredients; flour, baking soda, cinnamon, salt and set aside.

In another bowl, add shredded zucchini, maple syrup, vanilla, almond, oil/butter, applesauce, egg and milk. Mix until well combined. Add dry ingredients to wet and mix until combined. Gently fold in blueberries.

Evenly distribute batter in muffin tins, about ¾ of the way full and bake for 25 minutes or until a toothpick comes out clean..

You can add in nuts, poppyseeds, omit the berries, or drizzle in a mixture of cinnamon, coconut sugar and melted coconut oil. Delish!



Recipe idea: ambitiouskitchen.com

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