

Healthy Zucchini Muffins

These healthier zucchini muffins are a great way to include some sneaky nutrition into a kid-favorite treat. Whole wheat flour, ground flaxseeds, oats, carrots, bananas, and, of course, zucchini are some of the star ingredients in these tasty muffins.

Yield: 18 muffins **Prep:** 15 minutes **Cook:** 18 minutes **Total:** 33 minutes

Ingredients

- 1 cup whole wheat flour (*I prefer white whole wheat flour variety.*)
- 1/2 cup unbleached all-purpose flour (sub: white whole wheat flour)
- 3/4 cup ground flaxseed
- 3/4 cup old-fashioned rolled oats
- 1 cup dark brown sugar (sub: coconut sugar for a healthier alternative)
- 1 1/2 teaspoons baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 3/4 cup milk (sub: plain almond, oat, or soy milk)
- 2 large eggs, beaten
- 1 teaspoon vanilla
- 1 cup grated zucchini (about 1/2 a medium-sized zucchini)
- 1/2 cup grated carrots (about 1 medium-sized carrot)
- 1 large ripe banana, mashed (if using previously frozen banana, drain off any liquid first)
- *Optional:* 1 cup chopped walnuts or chocolate chips

Instructions

1. Preheat oven to 350°F. Grease a 12-cup muffin tin* or line it with paper liners.
2. In a large [mixing bowl](#), mix together flours, flaxseed, oats, brown sugar, baking soda, baking powder, salt, and cinnamon.
3. In a separate bowl or a blender, blend together the milk, eggs, vanilla, grated zucchini, grated carrots, and mashed banana. (*Tip: I often use my blender for this step, since it makes all the veggies and chunks “disappear” for picky eaters.*)
4. Pour liquid ingredients into dry ingredients and stir just until ingredients are combined. Stir in nuts or chocolate chips, if desired. Do not over mix.
5. Fill greased muffin tins with 1/4 cup of the batter.
6. Bake for 16-18 minutes for one batch at a time (or 18-20 minutes if baking two batches at the same time), until a toothpick inserted in the middle comes out clean. *Note: Silicone pans will take a few minutes longer to bake.*

7. Let cool on a cooling rack for 5 minutes in the tin. Remove muffins and place on the cooling rack a bit longer or serve warm with butter or cream cheese.

**If you have two muffin tins, feel free to use both. Otherwise, you'll have to bake the muffins in two batches.*

Freeze For Later: Bake muffins as directed in recipe. Let cool completely. Then place in a gallon-sized freezer bag or container, seal tightly, and store for up to 3 months.

Prepare From Frozen: Thaw muffins in the refrigerator or warm in the microwave.

Notes/Tips

- **Dairy-Free Version:** Use dairy-free milk, like plain almond milk. Omit the chocolate chips or use a dairy-free brand like [Enjoy Life Chocolate Chips](#).
- **Gluten-Free Version:** Substitute 1:1 Gluten Free Baking Flour from Bob's Red Mill brand in for both flours. Use gluten-free oats.
- **For Less Sugar:** Cut back sugar to 3/4 cup and don't use chocolate chips.