



NutritiousLiving.ca

DEANNA TRASK RHN, NNCP

Changing What we Eat Today For a Healthier Tomorrow



Zucchini Muffin Recipe

My gramma taught me to bake when I was quite small, she never used a cookbook and she never measured. I find now that I can quite easily alter a recipe with whatever I have on hand. Don't be afraid to experiment. If you like more cinnamon go ahead and add it. If you don't want egg in it, then add more flax and put in some applesauce. If a recipe calls for sugar but you'd rather use honey then cut back the liquid.

I love to bake with my daughter and she decided that we should compile a cookbook together. I think we just might!

I ALWAYS double a batch and freeze some, makes a very healthy breakfast or snack.

Zucchini Muffins Kid will LOVE

1 $\frac{3}{4}$ cup spelt or kamut flour
1/4 cup ground flax
1 $\frac{1}{2}$ tsp baking powder
1 tsp baking soda
Cinnamon
Nutmeg
Ginger
1 banana
1 egg
1/4 cup olive oil
1/2 cup raw cane sugar or honey
1 cup grated zucchini
1/2 cup rice or almond milk
1/2 cup carob or pure chocolate chips

Bake at 400 F for 20 minutes for large muffins, minis cut time in half.

I like to add hemp protein so I would cut back the flour and throw a scoop in, also you could add pineapple instead of the banana. Find your own favourite!