



Zucchini Muffins

A treat the whole family will love.



INGREDIENTS

nonstick cooking spray	1½ teaspoons ground cinnamon
2 eggs	½ teaspoon ground ginger
½ cup applesauce	¼ teaspoon ground cloves
¼ cup granulated sugar	2 cups grated zucchini (about 2 small zucchinis)
1 teaspoon vanilla extract	½ cup raisins
1¼ cups whole wheat flour	¾ cup toasted and chopped pecans or walnuts
¼ teaspoon salt	
1 teaspoon baking soda	

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. Spray muffin pan (12 muffin cups total) with nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, salt, baking soda, cinnamon, ginger, and cloves.
5. Stir flour mixture into egg mixture until just barely blended (there may be a few small lumps).
6. Gently stir in zucchini, raisins, and nuts.
7. Divide batter evenly among muffin cups.
8. Bake 20 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.
9. Remove muffin pans from oven and let muffins stand for 5 minutes.
10. Remove muffins from pan and place them on a wire rack to finish cooling. Serve warm or at room temperature.



Makes 12 servings. 1 muffin per serving.
Prep time: 15 minutes **Cook time:** 25 minutes

Nutrition information per serving: Calories 142, Carbohydrate 21 g,
Dietary Fiber 3 g, Protein 4 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 35 mg, Sodium 168 mg