

April 2021

APRIL – April 25th is National Zucchini Bread Day

A great way to sneak in some veggies to a delicious recipe – Zucchini bread! This muffin recipe is full of fiber and protein to keep your energy levels going through the morning or afternoon!

Zucchini Quinoa Chocolate Chip Muffin

½ cup cooked quinoa	3 tablespoons raw honey, melted
1 cup oat flour (oats blended or whole wheat flour)	1 teaspoon vanilla extract
1½ teaspoons baking soda	1 banana, mashed
½ teaspoon sea salt	1 tablespoon light butter, melted
1 teaspoon ground cinnamon	1 cup Green Zucchini, shredded and drained
pinch of nutmeg	¼ cup Dark chocolate chips (lily's chocolate chips (stevia sweetened))
3 eggs	

Directions:

1. Preheat oven to 350 degrees and generously grease a mini muffin tin with coconut oil.
2. Combine the quinoa, almond flour, baking soda, salt, cinnamon and nutmeg in a medium bowl and set aside.
3. Combine the eggs, honey, vanilla, banana and oil in another bowl. Mix well and add the dry ingredients. Mix until fully combined.
4. Fold in the zucchini and chocolate chips.
5. Pour 1 Tablespoon of batter into 24 mini muffin tins.
6. Bake for 18 minutes or until golden and set.
7. Remove from oven and let cool for 5 minutes.
8. Transfer out of muffin pan and cool on wire rack. Enjoy!

Makes 24 muffins

2 muffins, Calories: 120 Fat: 4g Carbohydrates: 20g Fiber: 2g Sugar: 8g Protein: 4g