

Gluten Free Harvest Zucchini Muffins

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Ingredients

3 cups oats
1/4 cup walnuts, finely chopped
1 tablespoon baking powder
1 1/2 teaspoons cinnamon
1/4 teaspoon salt
3 ripe bananas
2 eggs
1/4 cup honey
2 small zucchini, grated and excess water squeezed out
1/2 cup unsweetened applesauce
1/2 cup milk (whole, 2%, skim or soy milk are all OK)
1 teaspoon pure vanilla extract

Directions

Preheat oven to 375. Prepare muffin tins by filling each muffin cup with a paper liner and spraying with nonstick spray.

Mix dry ingredients(oats through salt) together in a large bowl.

Separately, mash banana and mix remaining wet ingredients in a small bowl (bananas through vanilla extract). Stir until well combined.

Stir the wet ingredients into the dry ingredients and mix until well-combined.

Spoon the mixture into the prepared muffin tin, filling each cup almost to the top.

Bake at 375 for 20-25 minutes, until golden brown and a toothpick inserted in the center comes out clean.