

Zucchini Muffins

written by The Recipe Exchange | June 28, 2015

Ingredients

2 1/2 cups flour (you can mix white with wheat and/or oat bran flour)
1 tablespoon baking powder
1 teaspoons salt
1 teaspoon cinnamon
1 cup brown sugar (or less)
1/2 cup quick cooking oats
4 eggs, beaten
1 medium zucchini (10 ounces) shredded
3/4 cup Vegetable oil (or you can split the oil up with applesauce to reduce the fat)
1 cup nuts (pecans or walnuts)

Directions

Pre-heat the oven to 375 degrees and spray some non-stick cooking spray on your muffin the first 4 ingredients together into a large mixing bowl. Add the sugar and oats and mix with a fork to incorporate the sugar and oats into the flour mixture. Make a well in the middle of the flour mixture. In a medium sized mixing bowl, add the eggs, zucchini and oil – mix together. Add the wet mixture to the well of the flour mixture. Stir with a spoon until well mixed, but not over mixed. Stir in the nuts. Spoon the batter into the muffin tins and bake for about 25 minutes. Start checking them after 20 minutes with a toothpick.