

Double Chocolate Zucchini Muffins

Double Chocolate Zucchini Muffins are the perfect healthy sweet treat! If you are looking to sneak some extra vegetables into your diet while enjoying a chocolate taste, this recipe is for you! This simple recipe is made with whole wheat flour and no butter or refined sugar (besides the chocolate chips)! They are also naturally sweetened with banana and honey or maple syrup. If you want to save some for later, you can freeze them in a freezer-safe bag and then thaw or reheat for 30-45 seconds in the microwave when you are ready to eat them!

Yield: 12 muffins **Serving Size:** 1 muffin

Ingredients:

- 1 1/4 cup whole wheat pastry flour or white whole wheat flour
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons vegetable oil (or sub a light olive oil)
- 1/3 cup honey or pure maple syrup
- 1 teaspoon vanilla extract
- 1 egg
- 1 cup shredded zucchini (from about 1 medium zucchini)
- 1 ripe mashed banana (or you can use 1/4 cup unsweetened applesauce)
- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup regular or mini chocolate chips, dairy-free if desired

Instructions:

1. Preheat oven to 350°F. Line a 12 cup muffin tin with cupcake liners and generously spray inside of liners with nonstick cooking spray.
2. Squeeze the shredded zucchini with a paper or dish towel to remove excess water.
3. In a medium bowl, whisk together flour, cocoa powder, baking soda, and salt; set aside.
4. In a larger bowl, add oil, honey or maple syrup, vanilla and egg; mix together until smooth and well combined. Add in zucchini, banana (or applesauce) and almond milk; mix again.
5. Slowly add in dry ingredients and mix until just combined. Gently fold in chocolate chips.
6. Evenly divide batter into prepared liners. Bake 22-25 minutes or until toothpick inserted into middle comes out clean. After 5 minutes, remove muffins and transfer to wire rack to finish cooling. Enjoy!

Per Serving: Calories 155 kcal, Carbohydrates 25g, Protein 3.5g, Sat Fat 2.4g, Sodium 169mg, Sugar 3.5g

This recipe was adapted and modified from AMBITIOUS KITCHEN <https://www.ambitiouskitchen.com/healthy-double-chocolate-zucchini-muffins/>

