

Harvest Fest Zucchini Muffins

Ingredients

3 cups all-purpose flour
1 tsp salt
1 tsp baking soda
1 tsp baking powder
1 Tbs ground cinnamon
3 eggs
1 cup vegetable oil
2 1/4 cups sugar
3 tsp vanilla extract
2 cups grated zucchini



Yield: 24 muffins

Tips: Add chopped nuts, ground flaxseed, or chocolate chips for fun variations.

Replace half of the oil with applesauce to lower calories.

For a diabetic friendly version, use monkfruit sweetener instead of sugar.

Cinnamon is the predominant flavor of these easy zucchini muffins. Preheat your oven on a brisk weekend morning and everyone will roll out of bed to greet these treats when the timer dings.

Instructions:

1. Preheat oven to 350° F. Fill muffin tins with paper liners.
2. Sift flour, salt, baking powder, baking soda, and cinnamon in bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add dry ingredients to wet ingredients, stir to combine.
4. Stir in grated zucchini and pour batter into muffin cups.
5. Bake for 20-30 minutes until toothpick inserted into center of muffin comes out clean. Cool on rack for 20 minutes.

Recipe by Teresa Symonds, Island Bistro Cook. Adapted from allrecipes.com.

