



Recipe of the Month - September 2017

Chocolate Chip Zucchini Muffins

Serves 12

Serving Size: 1 muffin

Ingredients:

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons cinnamon
- 1/2 cup unsweetened applesauce
- 1/4 cup oil (canola, olive, or vegetable)
- 1/4 cup nonfat milk
- 1 banana, mashed
- 1/4 cup brown sugar
- 1 cup zucchini, washed and shredded (about 1/2 large unpeeled zucchini)
- 1/4 cup chocolate chips



Make MyPlate Your Plate

Directions:

1. Preheat oven to 350°F. Lightly grease a muffin tin.
2. Whisk together flour, baking powder, baking soda, and cinnamon in a large mixing bowl.
3. Whisk together applesauce, oil, milk, banana, and sugar in a separate bowl.
4. Add wet ingredients to dry ingredients. Stir just until moistened.
5. Stir in the zucchini and chocolate chips.
6. Divide the mixture between 12 muffin tins. Bake until a tester (knife or toothpick) comes out clean (about 18 minutes).

Tips:

- Individual serving applesauce cups contain 1/2 cup applesauce. Buying the small servings for this recipe may be a better option if you do not need a large container of applesauce.

NUTRITION FACTS PER SERVING: 160 calories, 6g total fat (1g sat. fat), 0mg cholesterol, 140mg sodium, 26g carbohydrates, 3g fiber, 9g sugar, 3g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*