

ZUCCHINI CARROT OATMEAL MUFFINS

Prep Time 15 mins | Cook Time 20 minutes | Yields 12 servings

INGREDIENTS

1/2 cup rolled oats
1 cup all-purpose flour
1 1/2 cups whole wheat flour
1 1/2 cups sugar
1 tablespoon baking powder
1 1/2 teaspoons ground cinnamon
1 teaspoon salt
3 large eggs + 1 large egg white
3/4 cup oil
1 cup grated zucchini
1 cup grated carrot

INSTRUCTIONS

- 1) Heat oven to 425°F.
- 2) Line a 12 count muffin tin with liners or coat with oil such as coconut oil.
- 3) Grate a zucchini and a carrot so that you end up with 1 cup of each.
- 4) Squeeze as much of the liquid out of the grated vegetables using paper towels or cheese cloth.
- 5) In a large bowl, mix all the dry ingredients.
- 6) In a medium bowl, whisk the eggs and oil. Stir in the grated vegetables.
- 7) Add the wet ingredients to the dry ingredients and stir until it's just combined.
- 8) Fill muffin cups about 3/4 full.
- 9) Bake for approximately 20 minutes or until an inserted toothpick comes out clean.
- 10) Enjoy!

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories	303
% Daily Value *	
Total Fat	9 g 14 %
Saturated Fat	2 g 8 %
Monounsaturated Fat	2 g
Polyunsaturated Fat	4 g
Trans Fat	0 g
Cholesterol	47 mg 16 %
Sodium	142 mg 6 %
Potassium	88 mg 3 %
Total Carbohydrate	51 g 17 %
Dietary Fiber	4 g 17 %
Sugars	25 g
Protein	7 g 13 %
Vitamin A	56 %
Vitamin C	2 %
Calcium	17 %
Iron	10 %