

## Double Chocolate Zucchini Muffins



*Indulge in guilt-free indulgence with our Double Chocolate Zucchini Muffins. A delectable treat hiding wholesome zucchini, they offer a heavenly blend of rich chocolate flavors and added nutrients. Satisfy your sweet cravings with a nutritious twist!*

Preparation 20 min

Cooking 25 min

Portion 12

Nutrition Facts (per serving)

Calories 180 kcal

Fat 7 g

Carbohydrates 24 g

Fibre 3 g

Protein 4 g

Sodium 165 mg

### **Inredients**

## Dry ingredients

- 375 ml (1 ½ cups) whole wheat flour
- 80 ml (⅓ cup) cocoa powder
- 125 ml (½ cup) white sugar
- 80 ml (⅓ cup) semi-sweet chocolate chips
- 10 ml (2 tsp) baking powder
- 1 ml (¼ tsp) salt

## Wet ingredients

- 250 ml (1 cup) zucchini, finely grated and drained (see note)
- 125 ml (½ cup) 1% milk
- 1 egg
- 60 ml (¼ cup) vegetable oil
- 5 ml (1 tsp) vanilla extract

**Note:** Squeeze the grated zucchini well with your hands to remove excess water before adding to the mixture

## Preparation

1. Preheat the oven to 350°F (180°C). Oil a 12-muffin pan and set aside.
2. In a large bowl, combine all dry ingredients, set aside.
3. In a medium bowl, combine all wet ingredients. Pour over dry ingredients and mix just until all ingredients are incorporated.
4. Divide mixture among pans.
5. Bake for 25 minutes, then let cool.

## Notes

Can be kept for 5 days in the refrigerator or 2 months in the freezer.



Carol-Ann Robert

Registered Dietitian Nutritionist in Halifax, Nova Scotia