

# ZESTY ZUCCHINI MUFFINS

Medium Recipe

This is a tasty twist on traditional muffins! These fluffy delights are packed with zucchini, adding fresh flavour to every bite. With a hint of cinnamon and a burst of sweetness from the banana and dried fruit, they're sure to become a new favourite snack.

**PREP TIME:**

10 minutes

**COOKING TIME:**

18 minutes

**AMOUNT RECIPE MAKES:**

12 muffins

**SKILLS USED:**

Measuring, mashing, grating, whisking, mixing/stirring, baking using the oven

[Adapted from Canada's Food Guide](#)

**Nutrition Nuggets:** Zucchini contains potassium, a crucial mineral that supports smooth muscle function, allowing us to stay active throughout the day. It also helps maintain a strong and steady heartbeat.

**Leftover Love:** Leftover zucchini muffins can be used in a yogurt parfait by crumbling them up and layering them with yogurt and fruit. You can even use them to make a zucchini muffin french toast by slicing the muffin, dipping the slices into a mixture of beaten eggs and milk, and cooking them in a skillet until golden brown and crispy on both sides.

**Food for Thought:** Zucchini muffins have a cool origin story! These tasty snacks come from Italy, where zucchinis have been loved for ages. Italians enjoy using zucchinis in various dishes, and someone cleverly decided to add them to muffins.

## EQUIPMENT:

- Oven
- Muffin pan
- Paper muffin cups (liners), optional
- Large bowl x 2
- Whisk
- Measuring cups and spoons
- Spoon for mixing/stirring

## INGREDIENTS:

- 1/4 cup vegetable oil
- 2/3 cup packed brown sugar
- 1 egg (*can leave out for vegan*)
- 1 very ripe banana, mashed (about 1/2 cup)
- 1 zucchini, grated
- 1 teaspoon ground cinnamon
- 1/2 cup plain Greek yogurt (*can use dairy-free, lactose-free, or vegan yogurt*)
- 1 teaspoon vanilla extract
- 1 cup all purpose flour
- 3/4 cup wheat bran
- 1/4 cup wheat germ
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup raisins, dried cranberries, or dried blueberries (or a mix of these!)

## DIRECTIONS:

1. Preheat the oven to 400 °F.
2. Lightly spray or paper-line muffin pan.
3. In a large bowl, whisk together oil, sugar, and egg. Add banana, zucchini, and cinnamon; stir in yogurt and vanilla.
4. In another bowl, whisk together flour, wheat bran and germ, baking powder and soda. Add flour mixture to banana mixture and stir until just moistened. Stir in dried fruit.
5. Divide evenly in muffin pan and bake for about 18 minutes or until light golden and firm to the touch.
6. Let cool slightly before enjoying.