

# Grain-free Zucchini Muffins

## INGREDIENTS

SERVES 12

COCONUT OR AVOCADO SPRAY

PAPER MUFFIN CUPS

1 C. SHREDDED ZUCCHINI

1 1/4 C BLANDED ALMOND FLOUR

1/4 C GOLDEN FLAXSEEDS MEAL

2 TSP CINNAMON

3/4 TSP BAKING SODA

1/2 TSP NUTMEG

3 EGGS, BEATEN

1 MEDIUM RIPE BANANA

1/2 C WALNUTS, CHOPPED

1/4 C. COCOA NIBS (OPTIONAL)



THESE SLIGHTLY SWEET BUT FULL OF FLAVOR MUFFINS PACK QUITE THE PUNCH. MAKE THEM YOUR OWN BY CHANGING UP THE NUTS OR ADDING CHOCOLATE CHIPS OR DRIED FRUIT.

THIS RECIPE IS A VERSION OF A ZUCCHINI BREAD RECIPE BY DANIELLE WALKER, AGAINST ALL GRAIN COOKBOOK AUTHOR. FOR MORE GRAIN-FREE, DAIRY-FREE AND GLUTEN-FREE OPTIONS CHECK OUT HER WEBSITE [WWW.AGAINSTALLGRAINS.COM](http://WWW.AGAINSTALLGRAINS.COM).

## COOKING METHOD

1. Preheat oven to 350. You can either lightly grease the muffin tins or use paper cups.
2. Press the shredded zucchini between 2 paper towels making sure to squeeze lightly to release all excess moisture. Set aside.
3. In a small bowl place all the dry ingredients (almond flour, flaxseed meal, cinnamon, baking soda and nutmeg).
4. In a large bowl add eggs and banana. Using a stand or hand mixer beat on medium for about 1 minute until frothy and well combined.
4. Add the dry ingredients to the egg and banana making sure to incorporate completely. Make sure to scrap the bottom and sides of the bowl.
5. Add zucchini, walnuts and cocoa nibs, if using, and mix by hand. Spoon the batter into the muffin tins filling to about 1/2 to 3/4 full.
6. Bake for 30-35 minutes until a toothpick inserted in center of muffins comes out clean. Cool on a wire rack.