



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Carrot Zucchini Muffins SERVES approx. 24

CATEGORY Breakfast PREP TIME 15 min COOK TIME 18 - 20 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

2 1/2 cups shredded zucchini
1 tsp salt
3/4 cups shredded apple
3/4 cups shredded carrot
8 tbsp melted coconut oil
1/2 cup honey
1/2 cup maple syrup
2 large eggs
2 tsp vanilla extract

1 cup oat flour
2 cups whole wheat flour
2 tsp cinnamon
1 tsp pumpkin pie spice
2 tsp baking soda
2 tsp baking powder

DIRECTIONS

1. Preheat oven to 350 and prep your favourite muffin pan.
2. Grate zucchini into a large colander, evenly distribute salt & let stand for 10 minutes.
3. In a large bowl, combine melted coconut oil, honey, maple syrup, eggs & vanilla extract.
4. Return to shredded zucchini and press out excess water.
5. Add shredded zucchini, carrot & apple to the large bowl of wet ingredients, stir until evenly mixed.
6. In a separate bowl, mix both flours, cinnamon, pumpkin pie spice, baking soda & baking powder.
7. Gently fold in 1/2 of the dry mix into the wet ingredients, evenly distribute but do not over mix.
8. Gently fold in remaining dry ingredients until just barely combined.
9. Divide into your favourite size muffin pans and bake about 18-20 minutes, longer for larger muffins.
10. Muffins are done when an inserted tooth pick comes out clean.

MY NOTES
