

# Zucchini Muffins



## Wet Ingredients

- 1 cup mashed banana (about 2 overripe bananas)
- 2 cups grated zucchini (not squeezed)
- 1/3-2/3 cup maple syrup or honey
- 2 tsp vanilla extract
- 1/4 cup ground flax seed

## Dry Ingredients

- 2 cups whole wheat, spelt, or oat flour
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp allspice
- 2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1/2 cup walnuts, pecans, chocolate chips, chopped dates and/or raisins

1. Preheat oven to 350 and prepare a muffin pan. I use a silicone muffin pan so there is no need to grease it.
2. Mash the bananas in a large bowl. Add the remaining wet ingredients. There is no need to squeeze the water out of the zucchini.
3. Add maple syrup to taste. You'll need less if you're using very ripe bananas and chocolate chips, but may want more if you're used to sweeter muffins. Up to you! I wouldn't use less than 1/3 cup unless you need to for dietary reasons.
4. In another bowl, mix the dry ingredients.
5. Stir all together. Do not overmix.
6. Spoon the batter into the muffin cups until all 12 are evenly filled. Bake for 25 minutes. Let cool at least 20 minutes before removing from the pan to enjoy.
7. These keep well on the counter or the fridge for 2 days, or in the freezer for several months.

**Recipe from:** <https://faithfulplateful.com/zucchini-muffins-wfpb-vegan-oil-free/>