

## Muffin Recipes



- **Yield** Makes 12

### Ingredients

- Nonstick cooking spray
- 1 3/4 cups all-purpose flour (spooned and leveled)
- 1/2 cup ground flaxseed
- 1 cup lightly packed light-brown sugar
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon coarse salt
- 1 teaspoon ground cinnamon
- 1 1/2 cups coarsely grated zucchini (from 1 large zucchini)
- 1/3 cup mashed ripe banana (from 1 large banana)
- 3/4 cup whole milk
- 1 large egg, lightly beaten
- 1 teaspoon pure vanilla extract

### Directions

1. Preheat oven to 350 degrees. Lightly coat 12 standard muffin cups with cooking spray. In a large bowl, whisk together flour, flaxseed, brown sugar, baking soda, baking powder, salt, and cinnamon. Add zucchini and banana and stir to combine. In a small bowl, whisk together milk, egg, and vanilla. Add milk mixture to flour mixture and stir until combined (do not over mix).
2. Divide batter among muffin cups. Bake until a toothpick inserted in center comes out clean, 20 to 25 minutes. Let muffins cool completely in pan on a wire rack, about 30 minutes.

### Cook's Note

Fresh zucchini and ripe banana add moisture to these muffins, ensuring they are soft and tender but low in fat.

