

Dark Chocolate Zucchini Muffins



Recipe:

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Serves: 24

Serving Size: 1 muffin

Ingredients:

- 3 cups all-purpose flour
- 1.5 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp baking soda
- 1/2 tsp nutmeg
- 4 large eggs
- 1 cup packed dark brown sugar
- 1 cup granulated sugar
- 1/2 cup apple sauce
- 1/2 cup vegetable oil
- 2 tsp vanilla extract
- 14 ounces zucchini
- About 3 to 4 medium zucchini
- 1 cup dark chocolate chips

Instructions:

1. Heat the oven to 350°F
2. Line 2 muffin pans with paper liners (spray with cooking spray)
3. Whisk the flour, baking powder, cinnamon, baking soda, nutmeg, and salt in a medium bowl
4. Whisk the eggs, sugars, applesauce, oil, and vanilla in a large bowl until the eggs are broken up and the mixture is blended.
5. Fold in the flour mixture using a rubber spatula until just combined.
6. Fold in the zucchini until evenly mixed.
7. Add the chocolate chips to the mix
8. Fill the muffin wells about two-thirds of the way. Bake until the muffins are browned or toothpick inserted in the center comes out clean, about

25 minutes.

Nutrition Facts:

Calories 162

Fat (g) 4

Carbohydrate (g) 29

Protein (g) 2.5

Sodium (mg) 201

Percent Calories

Fat: 22%

Carbohydrates: 72%

Protein: 6%

Submitted by Marisa Mozer, MS, RD, LDN, on behalf of ON DPG