

LOVE THY CARROT

real food made with love

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BUCKWHEAT ZUCCHINI MUFFINS

Makes 9 to 12 muffins

This muffin is naturally sweetened with maple syrup.

INGREDIENTS

- 1 2/3 cups buckwheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 1 egg
- 1/2 cup maple syrup
- 1/2 cup milk (almond milk, 2% milk, or whatever you prefer)
- 1/4 cup melted coconut oil
- 1 tsp vanilla extract
- 2 cups grated zucchini

DIRECTIONS

1. Heat oven to 350°F. Prepare a 12-cup muffin pan by either greasing or using paper liners.
2. In a large mixing bowl, whisk together flour, baking powder, baking soda, cinnamon and salt until combined. Set aside.
3. In a separate mixing bowl, whisk together egg, maple syrup, milk, coconut oil and vanilla extract until combined. Pour this mixture into the dry ingredient mixture, and stir with a spoon until just combined. Stir in the zucchini until just combined.
4. Spoon into muffin tin. Bake for 18-20 minutes, or until a toothpick inserted in the centre of the muffin comes out clean. Let muffins cool before removing from pan.

COOKS NOTES

- These muffins freeze well.
- Add any kind of nuts or chocolate chips if you like.