

Chocolate Zucchini Muffins



Looking for ways to use up that zucchini from the garden? This muffin recipe came from a dear friend, who's been working to "healthify" the traditional chocolate zucchini muffin for years. And this is what she came up with! Not only can you actually use up a good portion of your zucchini, you can also feel good knowing there's lots of added nutrition in these babies! And the best part – they taste better than the traditional recipes you're used to.

This recipe is nut-free (yay! the kids can take it to school), and I've also included a gluten-free version as well!

Ingredients:

- 4 eggs
- 3/4 cup melted coconut oil
- 1 1/2 tsp vanilla
- 3/4 cup coconut sugar
- 3/4 cup sprouted spelt flour
- 3/4 oat flour
- 3 tbsp ground flax
- 5 tbsp hemp hearts
- 2 tsp baking soda
- 2 1/2 tsp cinnamon
- 1 tsp sea salt
- 6 heaping tbsp raw cacao powder
- 5 cups grated zucchini (not drained or dried if using fresh – you want some moisture for your muffins)
- Chocolate Chips (optional)

Directions:

Heat oven to 375F. Whisk together eggs, coconut oil, vanilla and coconut sugar in a large mixing bowl. Mix remaining dry ingredients in a separate bowl. Add dry ingredients to wet ingredients and stir well. Mix in zucchini and chocolate chips. Scoop into greased muffin liners to about 3/4 full. Bake for 20-25 minutes or until toothpick comes out clean.

Tips & Ideas:

These freeze excellent! And this recipe is very easy to double if you're wanting to use up that garden zucchini!

Variations:

Gluten-Free:

Omit spelt flour and instead substitute the following:

- 3/4 cup oat flour (in addition to the 3/4 cup oat flour in the original recipe)
- 2 tbsp coconut flour
- 2 tbsp arrow root flour

Allow batter to sit for approximately 10 minutes before scooping into muffin liners, so the coconut flour has a chance to absorb the additional liquid.