



Spiced Zucchini Muffins

The perfect fall muffin. Full of zucchini and all the spices of fall! This is based on the chocolate zucchini muffin recipe, with some changes!!

This recipe is nut-free (yay! the kids can take it to school), gluten-free, and the best part? You've never guess they're not full of gluten!

Ingredients:

- 4 eggs
- 3/4 cup melted coconut oil
- 1 1/2 tsp vanilla
- 2/3 cup coconut sugar
- 1 3/4 cup oat flour
- 1/4 cup + 3 tbsp coconut flour
- 1/4 cup + 1 tbsp arrow root flour
- 3 tbsp ground flax
- 5 tbsp hemp hearts
- 2 tsp baking soda
- 1 tbsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp sea salt
- 4 1/2 cups grated zucchini (not drained or dried if using fresh – you want some moisture for your muffins)
- 3 tbsp coconut sugar + 1 tsp cinnamon (optional for topping)

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. Allow batter to sit for approximately 10 minutes to allow the coconut flour to absorb some of the liquid. Scoop into greased muffin liners to about 3/4 full. Sprinkle with coconut sugar and cinnamon if using. Bake for 20-25 minutes or until golden brown and 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!