

Zucchini Muffins

Zucchini helps keep these muffins moist without a lot of added fat. Try adding other grated vegetables, like carrots, the next time you bake.

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon cinnamon
- 2 eggs
- 1 1/2 teaspoons vanilla
- 1/2 cup non-fat milk
- 1/3 cup sugar
- 1/4 cup canola oil

1. Preheat oven to 350°F. Oil a 12-cup muffin tin.
2. In a large bowl mix together the flours, baking powder, baking soda and cinnamon.
3. In a separate bowl, beat the eggs until foamy. Add the vanilla, milk, sugar and oil. Beat for 3 more minutes.
4. Add the wet ingredients to the dry ones and then add the grated zucchini. Mix just until the batter is blended.
5. Spoon batter into the muffin tins. Bake for 20-25 minutes or until a toothpick inserted in the middle comes out clean.
6. Remove from the oven and let cool for 5 minutes.

Servings:	12
Serving Size:	1 muffin
Calories	154
Total Fat	6g
Saturated Fat	1g
Cholesterol	31mg
Sodium	105mg
Total Fiber	2g
Protein	4g
Carbohydrates	22g
Potassium	130mg