

Zucchini Bread Muffins

Prep Time: 20 minutes | Cook Time: 20-25 minutes
Servings: 12 | Serving Size: 1 muffin

Tiger nuts are from the tuber family so they are a naturally grain-free, gluten-free, and nut-free option. Perfect for baking or just add 2 tablespoons to your smoothie in the morning to give yourself 5 extra grams of resistant fiber that helps to stabilize your blood sugar. These muffins are super moist and melt in mouth with goodness!!



Ingredients:

- 1 $\frac{3}{4}$ cup tiger nut flour**
- 1 $\frac{1}{2}$ teaspoons ground cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 3 organic, pastured eggs
- $\frac{1}{4}$ cup honey, agave, or coconut nectar
- $\frac{1}{2}$ cup applesauce
- 1 heaping cup shredded zucchini

For Chocolate Zucchini Muffins:

- 4 tablespoons organic cocoa or cacao
- Decrease cinnamon to 1 teaspoon
- Omit the nutmeg

Directions:

1. Preheat oven to 350 degrees and line a 12-cup muffin tin with muffin cup liners. Some liners will stick, so you can also spray them lightly with some coconut oil to help if you want.
2. Shred the zucchini onto tea towels or paper towels to allow it to sweat out some of the moisture. Blot it dry with the towels before adding to the batter.
3. Combine dry ingredients in a bowl, mix well, then set aside. If making the chocolate ones, include the cocoa powder in the dry ingredients.
4. Add wet ingredients including eggs, sweetener, and applesauce to the bowl of a stand mixer. Alternatively you could use a large bowl and electric beaters.
5. Beat on low for 30 seconds, then beat on high for 1 minute or until eggs mixture is frothy and foaming.
6. Add the shredded zucchini and beat on low for 10-20 seconds to incorporate.
7. With the mixer running or your electric beaters running on medium, slowly add the dry ingredients to the wet until completely incorporated. I like to stir it by hand the last 30 seconds with a large spatula.
8. Pour evenly into muffin cups, filling about $\frac{2}{3}$ of the way full – they will rise, don't worry!
9. Bake in oven for 20-25 minutes until a toothpick inserted in the center comes out clean and they are golden brown on top.
10. Remove from muffin tin to cool on wire rack. Allow to cool completely before removing muffin liner paper so that muffin doesn't stick.
11. Eat and enjoy!

Tips and Tricks:

*5.8g of this comes from tiger nuts naturally. The remaining amount is the honey. You can decrease this to 2 tablespoons honey if you are watching your sugar super close and these will taste fabulous!

**You can find Tiger Nut Flour online on Amazon or Thrive Market and it is also making its way onto shelves at some Whole Foods and other natural grocery stores. If you can't find it, you can sub almond flour here in the same amount if you'd like.

Nutritional Information Per Serving:

Calories: 114
Fat: 5.1 g
Cholesterol: 42.5 mg
Sodium: 219.0 mg
Total Carbohydrate: 16 g
Dietary Fiber: 5.8 g
Sugars: 10 g *
Protein: 2.9 g