



# *Low-fat Egg-Free Zucchini Carrot Muffin*

## Ingredients

- 1 1/2 cup whole wheat pastry flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 small bananas, mashed
- 1/4 cup maple syrup or honey
- 1 tablespoon coconut oil, melted
- 1 teaspoon vanilla extract
- 1/3 cup plain yogurt
- 1/4 cup unsweetened applesauce
- 1 cup shredded zucchini
- 1/4 cup shredded carrots
- 1/4 cup unsweetened coconut flakes
- 1/4 cup chopped hazelnuts or pecans

## Instructions

- Preheat oven to 375. Line a 12-muffin tin.
- In a bowl, whisk together flour, baking powder, baking soda, cinnamon, and salt.
- In a large bowl, whisk together remaining ingredients from bananas to nuts.
- Add in dry ingredients and mix until just combined. Don't overmix. The batter will be thick.
- Divide batter evenly among cups and bake 20 minutes or until tester comes out clean.
- Remove from pan and let cool on rack. Store in an airtight container for up to a week.

ADAPTED FROM A CLASSIC TWIST