

# Zucchini Muffins

**Yield: 12 servings**

## Ingredients

½ cup all-purpose flour  
1 cup whole-wheat flour  
½ teaspoon kosher salt  
1 teaspoon baking soda  
2 teaspoons ground cinnamon  
½ teaspoon ground ginger  
½ cup sugar  
1 egg  
1 teaspoon vanilla extract  
½ cup olive oil  
¼ cup water  
1 tablespoon lemon juice  
1½ cup grated zucchini, un-peeled  
½ cup walnuts, chopped

## Instructions

1. Heat oven to 350 degrees. Prepare a 12 cup muffin pan by either greasing it with cooking spray or lining the cups with paper liners. Set aside.
2. In a large mixing bowl, whisk together the all-purpose flour, whole-wheat flour, salt, baking soda, cinnamon, ginger and sugar until combined. Set aside.
3. In a separate mixing bowl, whisk together egg, vanilla, oil, water and lemon juice, until combined. Pour mixture into the dry ingredient mixture, and stir with a spoon until just combined. (Do not overmix). Fold in the zucchini and walnuts in until just combined.
4. Portion the batter evenly between 12 baking cups.
5. Bake for 18 to 20 minutes, or until a toothpick inserted in the center of the muffin comes out clean.

## Nutrition Information

**Serving Size:** 1 muffin  
Calories: 210  
Total Fat: 13 g  
Saturated Fat: 1 g  
Monounsaturated Fat: 7 g  
Sodium: 190 mg  
Total Carbohydrate: 25 g  
Dietary Fiber: 2 g  
Sugars: 9 g  
Protein: 3 g

Source: Health meets Food

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