

Chocolate Zucchini Muffins

Recipe Type: Breakfast

Serves: 24

Prep Time: 10 minutes

Cooking Time: 20 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 2 C zucchini, shredded
- 1½ C all-purpose flour
- 1½ C oats
- ½ C cocoa powder
- 1½ C sugar
- 1 T ground cinnamon (optional)
- 2 t baking soda
- 1 t salt
- 4 eggs
- 1 C plain yogurt
- ½ C dark chocolate chips (optional)
- Cooking spray

What to do:

1. Wash your hands.
2. Preheat the oven to 350 °F.
3. Put the flour, oats, cocoa powder, sugar, cinnamon, baking soda, and salt into a bowl.
4. Mix the zucchini, eggs, and yogurt in a large bowl.
5. Add the dry ingredients to the large bowl. Mix well.
6. Add the chocolate chips if you are using them.
7. Mix well.
8. Spray 24 muffin tins with cooking spray.
9. Use a tablespoon to scoop the mix into the muffin tins until they are ¾ full.
10. Bake for 20 minutes.
11. Pull the muffins out and poke a center one with a toothpick or knife. If it comes out wet, bake the muffins for 5 minutes more.
12. Let the muffins cool in their tins for 15 minutes before serving.



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 muffin	
Amount Per Serving	
Calories 160	Calories from Fat 30
%Daily Value*	
Total Fat 3.5 g	5%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 30 mg	10%
Sodium 220 mg	9%
Total Carbohydrate 31 g	10%
Dietary Fiber 2 g	8%
Sugars 15 g	
Protein 5 g	
Vitamin A 4%	
Vitamin C 10%	
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

FK= 3.3

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