



Blueberry Muffins

Prep Time: 10 Min Cook Time: 25 Min Serves: 12-18

Ingredients:

- 1 ½ cups whole wheat flour
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp salt
- 1 cup shredded zucchini (about 1 medium zucchini)
- ½ cup honey
- 1 ¼ tsp vanilla or almond extract
- 2 Tbsp oil
- ⅓ cup unsweetened applesauce
- 1 egg
- ¼ cup milk (any milk will work)
- ¾ cup fresh or frozen blueberries (defrosted and drained if frozen)

Instructions:

1. Preheat oven to 350° F. Line a muffin pan with muffin liners.
2. In a large bowl combine the dry ingredients: flour, baking soda, cinnamon, and salt; set aside.
3. In a separate medium bowl, combine the following wet ingredients: zucchini, honey, extract, oil, applesauce, egg, and milk until well combined. Add to dry ingredients and stir until just combined. Gently fold in blueberries.
4. Evenly distribute batter among muffin tins, filling about ½ of the way full, they will rise quite a bit.
5. Bake for 15-22 minutes or until a toothpick inserted into the middle of the muffin comes out clean. Cool on a wire rack for 10 minutes.

Fun Fact: Blueberries are a great source of brain-boosting antioxidants!