

Apple Cinnamon Zucchini Muffins



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PoeCenter
The Alice Aycock Poe Center for Health Education

Recipe

From the Poe Center

Title: **Apple Cinnamon Zucchini Muffins**

Serves: 12 muffins

Total Time: 25 min total

Equipment: Mixing bowl, grater, muffin tin, oven, cooking spray
or cupcake liners

Ingredients:

½ cup sugar
⅓ cup unsweetened applesauce
2 eggs
½ tsp vanilla extract
1 cup whole wheat flour
1 tsp cinnamon
Pinch of salt
½ tsp baking soda
½ tsp baking powder
1 cup shredded zucchini (1 medium zucchini)
1 cup shredded apple (1 medium apple)

Instructions:

Preheat oven to 350°F and line muffin tin with liners or spray with nonstick cooking spray.
In a mixing bowl, add the sugar, applesauce, eggs, and vanilla, mixing until smooth.
Add flour, cinnamon, salt, baking soda, and baking powder and mix.
Grate the zucchini and apple. Slowly combine into the muffin batter.
Scoop mixture evenly into the muffin cups.
Bake for about 20 minutes, or until a toothpick comes out clean.
Cool and enjoy!



Special Tip:

You can increase the amount of zucchini used to increase vegetables and create a moister muffin. This may increase cooking time, but it's a quick and easy way to get more veggies.

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