

Moistest SugarFree Zucchini Muffins Ever

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

12

Description

These healthy sugarfree zucchini breakfast muffins are the softest moistest and most delicious Ive ever had The optional brown sugar topping gives them a great crunch They can even be turned paleo with a few substitutions Seriously theyre so good that I created an Allrecipes account just to share them

Ingredients

- - cooking spray - 1 ripe banana
- mashed - $\frac{1}{4}$ cup unsalted butter
- melted - 1 large egg - 1 tablespoon coconut oil
- melted - 2 cups shredded zucchini - 1 teaspoon vanilla extract - 2 cups whole wheat flour - 1 teaspoon baking soda - 1 teaspoon ground cinnamon - 1 teaspoon ground nutmeg (Optional) - 1 pinch salt - $\frac{1}{4}$ cup milk - 4 tablespoons brown sugar (Optional)

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin with cooking spray. Mix banana
2. butter
3. egg
4. and coconut oil together in a large bowl until well combined. Add zucchini and vanilla; mix well. Combine flour
5. baking soda
6. cinnamon
7. nutmeg
8. and salt in a separate bowl. Gradually add flour mixture to zucchini mixture
9. stirring until well combined. Slowly stir in milk until incorporated. Scoop 1/4 cup batter into each prepared muffin cup. Sprinkle each muffin with 1 teaspoon brown sugar. Bake in the preheated oven until the tops spring back when lightly pressed
10. about 20 minutes. Tips For paleo muffins
11. use paleo milk instead of regular milk
12. and use coconut oil or a banana instead of butter. You can use coconut sugar instead of brown sugar.