

Carrot Apple and Zucchini Muffins

Jacob · 28/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

24

Description

Im learning to eat a more healthy diet I couldnt find a recipe for all the ingredients that I wanted in my muffins so I made up my own Theyre yummy and they have so many healthy ingredients This recipe makes 24 muffins or 12 miniloaves

Ingredients

- - cooking spray - 1 cup shredded unpeeled zucchini - 1 cup shredded carrots - 1 large apple
- cored and shredded - 1 cup nonfat plain yogurt - 1 cup sucralose and brown sugar blend (such as Splenda® brown sugar blend) - 2 eggs - ½ cup unsweetened applesauce - ½ cup skim milk - 2 tablespoons canola oil - 1 lemon
- zest only - 1 orange
- zest only - 2 cups all-purpose flour - 1 ½ cups whole wheat flour - 1 tablespoon baking powder - 1 teaspoon baking soda - 1 teaspoon salt - 1 teaspoon ground cinnamon - ½ teaspoon ground nutmeg - ½ teaspoon ground allspice - ½ cup chopped walnuts

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Coat 24 muffin cups with cooking spray. Stir zucchini
2. carrots
3. and apple together in a large bowl. Mix in yogurt
4. sucralose and brown sugar blend
5. eggs
6. applesauce
7. skim milk
8. canola oil
9. lemon zest
10. and orange zest until thoroughly combined. Whisk all-purpose flour
11. whole wheat flour
12. baking powder
13. baking soda
14. salt
15. cinnamon
16. nutmeg
17. and allspice in a separate bowl. Gently stir dry ingredients into wet ingredients until just combined. Fold walnuts into batter. Pour batter into prepared muffin cups. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean
18. 20 to 25 minutes.