



Zucchini Yogurt Multigrain Muffins

Jacob · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

55 mins

Description

I tried finding a recipe to get my picky toddler to eat her vegetables Since I couldnt find a healthy one I came up with this Using one cup carrots and one cup zucchini is a nice way to get both the yellow and green veggies into the diet Any type of nuts raisins etc may be used in the recipe whatever is on hand and toddler approved

Ingredients

— - 1 ½ cups all-purpose flour - ¾ cup whole wheat flour - ¾ cup oat flour - 1 teaspoon salt - 1 teaspoon baking soda - 1 teaspoon baking powder - 2 ½ teaspoons ground cinnamon - ¼ teaspoon ground nutmeg - 3 eggs - ½ cup vegetable oil - ½ cup unsweetened applesauce - 1 cup plain yogurt - 1 cup white sugar - ¾ cup honey - 2 teaspoons vanilla extract - 1 cup shredded zucchini - 1 cup shredded carrots - ½ cup chopped pecans (Optional) - ½ cup raisins (Optional)

Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease 24 muffin cups. In a bowl
2. sift together the all-purpose flour
3. whole wheat flour
4. oat flour
5. salt
6. baking powder
7. baking soda
8. cinnamon
9. and nutmeg. In a separate bowl
10. beat together eggs
11. vegetable oil
12. applesauce
13. yogurt
14. sugar
15. honey
16. and vanilla. Mix the flour mixture into the egg mixture. Fold in the zucchini
17. carrots
18. pecans
19. and raisins. Scoop into the prepared muffin cups. Bake 18 to 20 minutes in the preheated oven
20. until a toothpick inserted in the center of a muffin comes out clean. Cool 10 minutes before transferring to wire racks to cool completely.