



Chocolate-Zucchini Muffins



Vegetarian



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



99 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 tsp double-acting baking powder
- ☐ 0.8 tsp baking soda
- ☐ 1 banana whole mashed
- ☐ 1 tsp cinnamon
- ☐ 0.3 cup plant-based milk
- ☐ 0.5 cup sugar raw
- ☐ 0.5 tsp salt
- ☐ 0.5 cup apple sauce unsweetened

- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 tsp vanilla extract
- ☐ 1.3 cups pastry flour whole wheat
- ☐ 1 cup zucchini shredded

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F. Grease muffin pan and set aside. If using paper liners, lightly spray inside of liners with cooking spray to prevent sticking.
- ☐ Whisk flour, cocoa, baking powder, baking soda, salt and cinnamon together. In another bowl, cream mashed banana with applesauce and sugar (use extra 1/2 cup for a very sweet, dessert-like muffin).
- ☐ Add in soymilk, vanilla, zucchini and any other optional add-ins you might like such as vegan chocolate chips or chopped raw walnuts. Stir until evenly combined.
- ☐ Add flour mix to wet mix in 3-4 batches and stir until just combined. Spoon batter into greased muffin pan and bake 18-25 minutes, or until a toothpick inserted into the center comes out clean.Chef's Note: These muffins store well both in the fridge and freezer & the raw sugar in this recipe may be reduced to 1/2 cup.Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber2gSugars10gProtein2g

Nutrition Facts



 PROTEIN **9.03%**  FAT **6.69%**  CARBS **84.28%**

Properties

Glycemic Index:17.06, Glycemic Load:1.34, Inflammation Score:-2, Nutrition Score:5.4252173939477%

Flavonoids

Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epicatechin: 4.07mg, Epicatechin: 4.07mg, Epicatechin: 4.07mg, Epicatechin: 4.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 99.46kcal (4.97%), Fat: 0.8g (1.23%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 22.65g (7.55%), Net Carbohydrates: 20.06g (7.3%), Sugar: 11.05g (12.28%), Cholesterol: 0.61mg (0.2%), Sodium: 230.34mg (10.01%), Alcohol: 0.12g (100%), Alcohol %: 0.26% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.43g (4.86%), Manganese: 0.67mg (33.37%), Selenium: 8.24µg (11.77%), Fiber: 2.59g (10.35%), Phosphorus: 80.25mg (8.02%), Magnesium: 31.97mg (7.99%), Copper: 0.14mg (6.85%), Vitamin B6: 0.11mg (5.61%), Vitamin B1: 0.08mg (5.16%), Iron: 0.89mg (4.94%), Calcium: 46.77mg (4.68%), Potassium: 153.91mg (4.4%), Vitamin B3: 0.79mg (3.94%), Zinc: 0.53mg (3.51%), Vitamin C: 2.82mg (3.41%), Vitamin B2: 0.05mg (3.08%), Folate: 10.84µg (2.71%), Vitamin B5: 0.16mg (1.58%)