

BREAKFAST

Farm Fresh Zucchini Cranberry Nut Muffins

1 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	20 min	25 min	12	\$0.40	268 kcal



The recipe Farm Fresh Zucchini Cranberry Nut Muffins can be made in about 45 minutes. This recipe serves 12 and costs 40 cents per serving. This breakfast has 285 calories, 3g of protein, and 13g of fat per serving. This recipe is liked by 135 foodies and cooks. It is brought to you by Allrecipes.

Ingredients

☐ 1½ teaspoons baking powder	☐ ½ teaspoon baking soda
☐ ¼ cup brown sugar	☐ 2 tablespoons butter
☐ 1 cup cranberries	☐ 1 egg
☐ 1½ cups all-purpose flour	☐ ½ cup margarine, softened
☐ ¼ teaspoon salt	☐ 1½ teaspoons vanilla extract

☐ ½ cup walnut pieces

☐ 1 cup white sugar

☐ 1 cup grated zucchini

EQUIPMENT Bowl, Oven, Hand mixer, Toothpicks, Muffin liners

Method

- 1 Preheat oven to 375 degrees F (190 degrees C). Prepare 12 muffin cups with liners.
- 2 Mix 6 tablespoons flour and brown sugar together in a bowl; cut butter into the flour mixture until you have pea-sized crumbs.
- 3 Beat margarine and white sugar with an electric mixer in a large bowl until light and fluffy. Beat egg and vanilla into the butter mixture.
- 4 Mix 1 1/2 cups flour, baking powder, baking soda, and salt together in a separate bowl; gradually beat into the butter mixture. Fold zucchini, cranberries, and walnuts into the mixture; spoon into prepared muffin cups, filling nearly to the top.
- 5 Sprinkle topping mixture onto the batter.
- 6 Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 25 minutes.

Nutrition per serving

268

KCAL

3 g

PROTEIN

13 g

FAT

35 g

CARBS

Saturated Fat	3.2 g · 20% of daily needs
Fibre	1.2 g · 5% of daily needs
Sugar	21.9 g · 24% of daily needs
Sodium	259 mg · 11% of daily needs
Cholesterol	18.7 mg · 6% of daily needs
Vitamin C	3.1 mg · 4% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/farm-fresh-zucchini-cranberry-nut-muffins-146929