



cara price

CHOCOLATE ZUCCHINI MUFFINS

INGREDIENTS

dry ingredients

- 1/3 cup coconut flour
- 1/4 cup each: cocoa powder & coconut sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon each: baking soda & salt

wet ingredients

- 4 eggs, room temperature*
- 1/4 cup unsweetened apple sauce
- 2 tablespoons avocado oil
- 1 teaspoon vanilla
- 1/4 teaspoon clear liquid stevia
- 1 cup grated zucchini

*allowing eggs to sit out of the refrigerator for about 30 minutes will do the job. this gives baked goods a fluffier end result

DIRECTIONS

preheat the oven to 350° and line a muffin pan with paper baking cups.

grate the zucchini & wrap in a clean kitchen towel or paper towels, squeeze to get out extra moisture.

in a medium size bowl combine dry ingredients.

in a small bowl whisk together eggs, apple sauce, avocado oil, stevia & vanilla. whisk wet ingredients into the dry mixture until batter is smooth & then fold in zucchini until evenly distributed. evenly distribute batter into muffin cups.

bake 15-18 minutes, until a toothpick inserted into the middle of the muffin comes out clean.

allow to cool about 5 minutes in the pan, then transfer the muffins to a cooling rack.