

Chocolate Zucchini Muffins

Recipe Type: Breakfast

Serves: 24

Prep Time: 10 minutes

Cooking Time: 20 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

1½ C all-purpose flour
1½ C oats
½ C cocoa powder
1½ C sugar
1 T ground cinnamon (optional)
2 t baking soda
1 t salt
2 C zucchini, shredded
4 eggs
1 C plain yogurt
½ C dark chocolate chips (optional)
Cooking spray
Muffin pan

What to do:

1. Wash your hands.
2. Preheat the oven to 350°F.
3. Put the flour, oats, cocoa powder, sugar, cinnamon, baking soda, and salt into a bowl and mix.
4. Mix the zucchini, eggs, and yogurt in a large bowl.
5. Add the dry ingredients to the large bowl. Mix well.
6. Add the chocolate chips if you are using them. Mix well.
7. Spray the muffin pan with cooking spray.
8. Use a tablespoon to scoop the mix into the muffin cups until they are ¾ full.
9. Bake for 20 minutes.
10. Check muffins by poking a center one with a toothpick or knife. If it comes out wet, bake the muffins for 5 minutes more. If it comes out clean, it is done.
11. Let the muffins cool for 15 minutes before serving.
12. Enjoy!



This is a picture of 1 serving.

Contains Milk and Egg

Nutrition Facts	
24 servings per container	
Serving size	1 Muffin (62g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 220mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 14g Added Sugars	28%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 148mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FK= 3.8