

ZUCCHINI PUMPKIN MUFFINS

 12 portions

INGREDIENTS

- 128 grams of red Mill Almond Flour
- 2 tsps of spices, cinnamon, ground [5 g]
- 1 tsp of spices, pumpkin pie spice [2 g]
- 1 tsp of leavening agents, baking soda [5 g]
- 1 tsp of leavening agents, baking powder, low-sodium [5 g]
- 1/2 tsp of salt, table [3 g]
- 2 medium units of egg, whole, raw, fresh [88 g]
- 128 grams of libby's Pumpkin Pie Mix, Canned
- 1 medium unit of squash, zucchini, baby, raw [11 g]
- 1 tsp of vanilla extract, imitation, no alcohol [4 g]
- 43 grams of simple Truth Organic Maple Syrup
- 100 grams of yogurt, Greek, plain, nonfat

COOKING METHOD

- 1° Preheat oven to 375 degrees and line a 12-count muffin tin
- 2° Mix flour, spices, baking soda and powder, and salt in a bowl
- 3° In a separate bowl, beat the 2 eggs and then add pumpkin puree, lightly shredded zucchini, vanilla extract, maple syrup, and greek yogurt. Combine until mixed.
- 4° Pour the wet ingredients into the bowl with the dry ingredients and mix
- 5° Pour the batter into the muffin tins and bake for 25 minutes!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (43 g)	% DRI
ENERGY	187 kcal	81 kcal	4 %
FAT	7 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	1 g	0 g	1 %
CHOLESTEROL	64 mg	28 mg	9 %
SODIUM	528 mg	230 mg	10 %
CARBOHYDRATE	24 g	11 g	4 %
SUGARS	20 g	9 g	—
FIBER	1 g	0 g	1 %
PROTEIN	7 g	3 g	—