

# Veggies in a Muffin? Go for It!



## Zucchini Muffins

Serves: 12 | Serving Size: 1 muffin

### Ingredients:

Nonstick cooking spray  
1 and 1/2 cups white whole wheat flour  
1 and 1/2 teaspoons baking powder  
1/4 teaspoon baking soda  
1 teaspoon cinnamon  
1/4 teaspoon ground nutmeg  
1/4 cup egg whites  
1/2 cup sugar  
1/4 cup Splenda  
3 tablespoons vegetable oil  
1 cup skim milk  
1 and 1/2 cups grated zucchini

### Directions:

Preheat your oven to 400° Fahrenheit and spray muffin tins with nonstick cooking spray.

In a large bowl, stir together the flour, baking powder, baking soda, and spices. Then, in a medium bowl, beat egg whites slightly and stir in the sugar, Splenda, oil, and zucchini.

Add the wet mixture to flour mixture, stirring just until combined. Fill the muffin cups with the batter, making sure the cups are no more than 2/3 full.

Bake for about 18 minutes, or until the tops are lightly browned. Allow to cool for 5 minutes and then turn out of the muffin tins.

Serve warm or refrigerate/freeze for later use.

### Nutrition Information:

Serves 12. Each muffin contains 146 calories, 4 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 46 mg sodium, 26 g carbohydrate, 1 g dietary fiber, 12 g sugar, and 2 g protein.

Each serving has 0% DV vitamin A, 5% DV vitamin C, 4% DV calcium, and 0% DV iron.

### Did You Know?

Cinnamon rocks your health, with "anti-inflammatory, antimicrobial, antioxidant, antitumor, [...] cholesterol-lowering, and immunomodulatory effects," according to the paper "Cinnamon and Health."

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