



BREAKFAST | PEAK SEASON: FALL

Harvest Apple Zucchini Muffins

Recipe by: Kiandra Call

Soft, cozy and just sweet enough! These muffins, combine warm, cinnamon, crisp, and fresh zucchini for the perfect fall flavored bite. Great for breakfast snacks or dessert and easy to make with basic pantry ingredients.

Nutritional Info

Per muffin- makes 10-12 muffins

Calories: 160

Carbs: 22g

Fiber: 3g

Protein: 4g

Fat: 7g

Sodium: 90mg

Ingredients

- One large apple, grated (keep peel)
- One medium zucchini, grated and squeezed dry (use paper towel or clean dish towel)
- One egg (or flax egg*)
- 1/4 cup of avocado oil or melted butter
- 1/4 a cup of honey, agave or brown sugar stevia
- 1 teaspoon of cinnamon
- 1 teaspoon baking powder
- One cup of rolled or steel cut oats (NOT quick oats)
- ¾ cup of whole wheat flour (can sub chickpea, spelt or almond flour)
- ¼ cup of chopped pecans
- pinch of salt

Instructions

1. Preheat oven to 350. Line or grease a muffin tin
2. Whisk together egg, oil, honey and sweeteners
3. Stir in grated apple and zucchini
4. Add oats, flour, cinnamon, baking powder, and salt. Mix until combined but don't over mix.
5. Fold in (gently stir) pecans.
6. Spoon into cups, filling ¾ of the way
7. Bake 18-22 minutes until golden brown OR a toothpick comes out clean.

Additional Info

- To make a "flax egg" you will just need ground flaxseeds. This is a great substitute if you have an egg allergy or want to substitute. Mix 1 tablespoon of ground flax and 3 tablespoons of water and mixed together until they are a thick consistency. This ratio is about the size of one large egg.
- By using zucchini we still get the flavor of the apples, but we sneak in extra fiber and nutrients while keeping the muffins moist. The apples and the cinnamon brings a cozy flavor without needing too much sugar. This will help keep balanced blood sugars, and happy taste buds!

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