

Apple Cinnamon Zucchini Muffins



Plan a program
in our **CookWELL
Kitchen** today!

Schools with 50%+ free/
reduced lunch are eligible
for programs at **NO COST.**

224 Sunnybrook Rd. Raleigh, NC 27610
866-402-4799 | info@poehealth.org | www.poehealth.org

PoeCenter
The Alice Aycock Poe Center for Health Education

Recipe

From the Poe Center

Title: **Apple Cinnamon Zucchini Muffins**

Serves: 12 muffins Total Time: 25 min total

Equipment: Mixing bowl, grater, muffin tin, oven, cooking spray
or cupcake liners

Ingredients:

- ½ cup sugar
- ⅓ cup unsweetened applesauce
- 2 eggs
- ½ tsp vanilla extract
- 1 cup whole wheat flour
- 1 tsp cinnamon
- Pinch of salt
- ½ tsp baking soda
- ½ tsp baking powder
- 1 cup shredded zucchini (1 medium zucchini)
- 1 cup shredded apple (1 medium apple)

Instructions:

- Preheat oven to 350°F and line muffin tin with liners or spray with nonstick cooking spray.
- In a mixing bowl, add the sugar, applesauce, eggs, and vanilla, mixing until smooth.
- Add flour, cinnamon, salt, baking soda, and baking powder and mix.
- Grate the zucchini and apple. Slowly combine into the muffin batter.
- Scoop mixture evenly into the muffin cups.
- Bake for about 20 minutes, or until a toothpick comes out clean.
- Cool and enjoy!



Special Tip:

You can increase the amount of zucchini used to increase vegetables and create a moister muffin. This may increase cooking time, but it's a quick and easy way to get more veggies.

For more recipes and resources, visit www.poehealth.org