

Very Berry Zucchini Bread Muffins



Ingredients

- 1 ½ cup zucchini, grated, squeezed & drained
- 1 ¼ cup all purpose flour
- ¼ cup whole wheat flour
- ¼ cup ground flax seed
- ½ tsp. salt
- 3 Tbsp. applesauce
- 2 Tbsp. oil
- ½ cup brown sugar
- 1 tsp. ground cinnamon
- 1 tsp. vanilla
- 2 egg whites
- ½ cup non-fat vanilla Greek yogurt
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ cup blueberries
- ½ cup strawberries, chopped

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, combine the flour, ground flax seed, salt, baking powder, baking soda and ground cinnamon.
3. In a separate bowl, mix the brown sugar, zucchini, oil, applesauce, yogurt, vanilla and egg whites.
4. Combine the two bowls. Mix well.
5. Mix in the blueberries and strawberries.
6. Spray lined muffin tins with olive oil cooking spray. Pour batter into tins and top with slice of strawberry (optional).
7. Bake at 350 degrees for 22 to 25 minutes or until toothpick comes out clean.
8. Remove from the oven, cool and enjoy!

*Yield 16 servings, serving size: 1 muffin. Calories: 102.
Fat: 2.5 g. Cholesterol: 0 mg. Sodium 100 g. Carbohydrates: 18 g.
Fiber: 1.7 g. Sugar: 8 g. Protein: 3 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*