

Week 5:

Healthy Chocolate Zucchini Muffins:

Ingredients:

1 ½ cups white whole wheat flour
1/3 cup unsweetened cocoa powder
1 tsp baking soda
½ tsp baking powder
¼ tsp salt
1/3 cup unsweetened vanilla almond milk
¼ cup coconut oil, melted and cooled
1/3 cup pure maple syrup
1 large egg (or 1 flax egg)
1 tsp vanilla
2 cups shredded zucchini
¾ cup chocolate chips, divided ½ cup and ¼ cup

Preheat oven to 350 degrees. Line muffin tin with paper liners or spray with cooking spray. Set aside.

In a medium bowl, whisk together flour, cocoa powder, baking soda, baking powder, and salt. Set aside.

In a large bowl, stir together almond milk, coconut oil, maple syrup, egg, and vanilla. Stir in the zucchini until well combined.

Add the dry ingredients to the zucchini mixture and stir until combined. Stir in a ½ cup of the chocolate chips.

Put the batter in the muffin tins evenly. Sprinkle with the ¼ cup chocolate chips on the top. Bake for 20-24 minutes or until a toothpick comes out clean. The muffins should set on top and bounce back when touched. Remove from the oven and let cool for 10 minutes before enjoying. Hey, these freeze well and reheat from frozen for 20-30 seconds in a microwave.