



# Muffin – Apple Zucchini

Makes: 20 muffins (85 g each)

## Ingredients

| Imperial Measurement | Ingredient                | Metric Measurement |
|----------------------|---------------------------|--------------------|
| ⅔ cup                | vegetable oil             | 150 mL             |
| 1 cup                | milk                      | 250 mL             |
| 4                    | eggs, beaten              | 4                  |
| 1 tsp                | vanilla                   | 5 mL               |
| 2 cups               | zucchini, grated          | 500 mL             |
| 2 cups               | apple, peeled and chopped | 500 mL             |
| ½ cup                | brown sugar               | 125 mL             |
| 3 cups               | whole wheat flour         | 750 mL             |
| ⅔ cup                | flax seed, ground         | 150 mL             |
| 1 tbsp               | baking powder             | 15 mL              |
| 1 tsp                | baking soda               | 5 mL               |
| 1 tsp                | cinnamon, ground          | 5 mL               |

## Instructions

1. Preheat oven to 350°F (180°C).
2. Combine oil, milk, eggs, and vanilla in medium bowl. Fold in zucchini and apples.
3. In another bowl, mix together sugar, flour, flax, baking soda, baking powder, and cinnamon.
4. Add wet ingredients to dry ingredients. Stir until just combined.
5. Divide batter between greased/lined muffin tins.
6. Bake for 15-20 minutes until golden.

### Nutrition Information

Serving ½ muffin (40 g)

**Calories** 100

**Fat** 5 g

Saturated 0.5 g

+ Trans 0 g

**Sodium** 70 mg

**Carbohydrates** 12 g

Fibre 2 g

Sugars 4 g

**Protein** 3 g

Calcium 50 mg

Iron 0.5 mg

### Food Guide Servings

¼ Vegetable & Fruit

½ Grain Product

