

Double Chocolate Zucchini Muffins



Indulge in guilt-free indulgence with our Double Chocolate Zucchini Muffins. A delectable treat hiding wholesome zucchini, they offer a heavenly blend of rich chocolate flavors and added nutrients. Satisfy your sweet cravings with a nutritious twist!

Preparation 20 min

Cooking 25 min

Servings 12

Nutrition Facts (per serving)

Calories 180

Fat 7

Carbohydrates 24

Fibre 3

Protein 4

Sodium 165

Ingredients

Dry ingredients

- 375 ml (1 ½ cups) whole wheat flour
- 80 ml (? cup) cocoa powder
- 125 ml (½ cup) white sugar

- 80 ml (? cup) semi-sweet chocolate chips
- 10 ml (2 tsp) baking powder
- 1 ml (¼ tsp) salt

Wet ingredients

- 250 ml (1 cup) zucchini, finely grated and drained (see note)
- 125 ml (½ cup) 1% milk
- 1 egg
- 60 ml (¼ cup) vegetable oil
- 5 ml (1 tsp) vanilla extract

Note: Squeeze the grated zucchini well with your hands to remove excess water before adding to the mixture

Preparation

1. Preheat the oven to 350°F (180°C). Oil a 12-muffin pan and set aside.
2. In a large bowl, combine all dry ingredients, set aside.
3. In a medium bowl, combine all wet ingredients. Pour over dry ingredients and mix just until all ingredients are incorporated.
4. Divide mixture among pans.
5. Bake for 25 minutes, then let cool.

Notes

Can be kept for 5 days in the refrigerator or 2 months in the freezer.



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