Zucchini Muffins

A family friend of mine is famous for her zucchini bread. Her delicious recipe inspired me to create zucchini muffins that are made with all healthy ingredients. I use the zucchini's that grow in my garden that are sweet and juicy. I encourage you to grow your own zucchini's if you can. They are easy to grow and can be used for several dishes.

Ingredients

2 cups whole wheat flour + 1 tablespoon
3/4 cup ground whole oats
¼ cup ground golden flax seeds
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
2 teaspoons ground cinnamon
3 large eggs
2 teaspoons vanilla
1 cup honey
1 cup olive oil
3 cups shredded zucchini with skins
1 ½ cups coarsely chopped walnuts
1/2 cup dark raisins
1/2 cup golden raisins

Preparation

Preheat oven to 350 degrees. Spray muffin pans with non-stick cooking spray.
Mix dark raisins, golden raisins, and walnuts in a small bowl with 1 tablespoon of flour and set aside.
Sift flour, baking soda, baking powder, cinnamon, and salt in a medium size mixing bowl. Add whole oats and flax seeds and mix. Set aside. In a bowl of a stand mixer fit with the paddle attachment or a handheld mixer with twin beaters on medium speed beat eggs and honey until mixed thru about 1 minute. With mixer on low speed add the vanilla and then slowly pour the olive oil and mix until well combined about 2 minutes. Add flour mixture in small batches and mix on low speed until well combined scraping sides if needed about 3 minutes. Add zucchini and mix until smooth about 1 minute. Stir in nut and raisin mixture until well combined. Pour mixture into muffin pans about 1/2 ways up. Bake in the center of the oven for 25-30 minutes or until toothpick inserted in the center comes out dry. Remove from oven and let the muffins cool.

Makes 12 Muffins