

Zucchini Muffins



For many years I have attempted to find a balance with healthful eating and the occasional baked good, to varying levels of success. My father got to the point that before trying anything he would ask if they were “fat free” - remember that phase? maybe around 1990 or so, I should ask my friend Pat, we counted fat grams incessantly then and were huge fans of Susan Powter (you will show your young age by saying who?). Then came the gluten free phase (although I have not participated wholeheartedly in that), paleo, again not a fan - and now I think I have settled into my sensible place- trying to find healthful recipes that do not sacrifice taste and texture.

I am not even going to type this recipe up as it is one that I have not modified or changed- instead, will give you the link to Healthy Zucchini Muffins on the web site of gimmesomeoven.com. A few adjustments that I made:

- I did not have enough pure maple syrup so I used a little honey also, I think either would be fine.
- I used cashew milk but if you are not trying to be dairy free, I am sure regular milk would be good.
- I am using all the frozen zucchini in the freezer. So, a bag labeled 4 cups when defrosted and drained equals the 1 ½ cups in the recipe. I am quite sure mine were zucchini heavy so do not be afraid to use more even if using fresh!
- I am going to try adding some blueberries next time and maybe a banana....

If you substitute something for the eggs (flax?) would love to know how they turn out as well as any other comments.

These are good, very good! <https://www.gimmesomeoven.com/healthy-zucchini-muffins-recipe/>