

Zucchini Carrot Cake Muffins

From the kitchen @ HammersNHugs.com



Ingredients:

1 lg zucchini, grated

2 lg carrots, grated

2T honey

2 eggs

1 t vanilla

1 ½ c nonfat, plain Greek yogurt

¾ c brown sugar

1 ½ c white whole wheat flour

¾ c rolled oats

¾ c ground flaxseed

2 t baking soda

1 t baking powder

2 t cinnamon

½ t salt

Directions:

Put the zucchini and the carrots into a food processor and grate or puree. It will make approximately 1 c of zucchini and ½ c of carrots. Make sure there are no large chunks. Mix grated veggies with all the liquid ingredients and beat until smooth. Add the packed brown sugar and the rest of the dry ingredients. Stir gently until completely mixed. Place into greased muffin tin or use liners. Will make 24 muffins. Bake at 350 for approx 15 minutes. Do not overbake!

To Freeze:

While still warm place the muffins directly into freezer safe container. Can be deep frozen for 3 months. Reheat as needed.