

Title: Morning Veg Power Muffin

<u>Code</u>
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<u>Nutrition Facts:</u>	
Yield	18 servings
Calories	209
Total Fat	9g
Sat Fat	1g
Sodium	226mg
Added Sugar	14g
Fiber	1g
Carbohydrates	29g
Protein	3g

Ingredients Needed:

- 3/4 Cup Granulated Sugar
- 2 1/4 Cups All-Purpose Flour
- 1 1/2 Teaspoons Cinnamon
- 2 Teaspoons Baking Soda
- 1/2 Teaspoon Salt
- 1/2 Cup Shredded Sweetened Coconut
- 1/2 Cup Chopped Walnuts
- 1 Cup Grated Zucchini, Patted Dry with Paper Towels
- 2 Cups Grated Carrot
- 1/2 Cup Unsweetened Applesauce
- 1/2 Cup Maple Syrup
- 3 Large Eggs
- 1/2 Cup Vegetable Oil
- 1 Teaspoon Vanilla



Recipe Directions:

1. Preheat oven to 350 Degrees F.
2. In a large bowl, combine: sugar, flour, cinnamon, baking soda, salt, coconut, walnuts.
3. Add carrot and zucchini and stir.
4. Create a well in the center of the dry ingredients. Add wet ingredients. Stir only the wet ingredients and then slowly intermix the dry ingredients.
5. Distribute the batter into the muffin tins. Bake for 30 minutes or until muffin no longer has liquid in center. Cool muffins for 7 minutes
6. For storage: Air tight Container for 3 Days, Able to Freeze up to 2 months.

