

Chocolate zucchini muffins

You will need



2½ cups (625 mL)	flour
¼ cup (50 mL)	cocoa
¾ cup (175 mL)	sugar
1 tsp (5 mL)	cinnamon
½ tsp (2 mL)	nutmeg
½ tsp (2 mL)	salt
2 tsp (10 mL)	baking powder
1 tsp (5 mL)	baking soda
1 cup (250 mL)	applesauce (unsweetened)
3	egg whites
½ cup (125 mL)	buttermilk
1 tsp (5 mL)	vanilla
2 cups (500 mL)	zucchini (grated)
½ cup (125 mL)	walnuts (chopped)
¾ cup (175 mL)	chocolate chips



Note: Instead of buttermilk, you can add 1 tsp. lemon juice or vinegar to ½ cup milk.



Makes 12 large muffins.

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What to do

1 Preheat the oven to 350°F. Spray a muffin tin with non-stick spray.



2 Put the flour, cocoa, sugar, cinnamon, nutmeg, salt, baking powder and baking soda in a large bowl. Mix together.



3 Put the applesauce, egg whites, buttermilk and vanilla in another bowl. Mix together.



4 Grate the zucchini. Add it to the wet mixture. Stir.



5 Add the wet mixture to the dry mixture. Stir until the dry mixture is moist.



6 Add the nuts and chocolate chips. Mix together gently.



7 Put the batter into the muffin tin.



8 Bake for about 25 to 30 minutes.

9 Cool for 5 minutes in the tin. Then remove the muffins and let them cool.

Photos—Bev Burke • Recipe adapted from The Westcoast Reader & Canwest News Service