

# Zucchini Chocolate Chip Muffins

**Servings: 12**

Source: Adapted from Let's Move! The Partnership for a Healthy America

These muffins are delicious and make a great nutritious snack full of whole grains and vegetables! These muffins use shredded zucchini and are an easy way to use up zucchini or incorporate into a sweet treat.

## INGREDIENTS

1 cup whole wheat flour  
2/3 cup all-purpose flour  
1/4 cup sugar  
1 teaspoon ground cinnamon  
1 1/4 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1 1/3 cup shredded zucchini  
1/2 cup fat-free milk  
2 tablespoons canola oil  
2 tablespoons honey  
1 egg  
1/2 cup chocolate chips  
Cooking spray

## DIRECTIONS

1. Measure flours, sugar, cinnamon, baking powder & soda, salt into a large bowl. Stir with a whisk.
2. Combine zucchini, milk, oil, honey, and egg in a small bowl; stir until blended.
3. Make a well in center of flour mixture; add milk mixture, stirring until just moist. Add chocolate chips and stir to combine.
4. Spoon batter into 12 muffin cups that have been sprayed or lined.
5. Bake 400°F for 15 minutes.

Nutrients Per Serving:

140 Calories | 4.5g Fat (1g Saturated) | 23g Carbohydrates | 8g Added Sugar | 3g Protein | 155mg Sodium | 2g Fiber

