



## Chocolate Zucchini Muffins

12 servings

30 minutes

### Ingredients

- 2 cups Almond Flour
- 1/4 cup Cocoa Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Baking Soda
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 3 Egg
- 1 Zucchini (medium, grated)

### Nutrition

Amount per serving	
Calories	188
Fat	15g
Saturated	2g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	6g
Cholesterol	47mg
Sodium	96mg
Vitamin A	100IU
Vitamin C	3mg
Calcium	59mg
Iron	1mg
Vitamin D	10IU
Vitamin E	1mg

### Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
- 2 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 3 In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 4 Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
- 5 Let cool completely before eating, to prevent the muffins from sticking to the liners.

### Notes

**Serving Size:** One serving is equal to one muffin.

**Zucchini:** One medium zucchini is equal to about 2 cups of grated zucchini.

**Storage:** Store in the fridge for 5 days or in the freezer for a few months.