## Oatmeal Zucchini Muffins

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Makes 12 Muffins

Blue -1 Muffin = 1 Point, 2 Muffins = 3 Points, 3 Muffins = 4 Points

Purple - 1 point per muffin

Green - 1 Muffin = 2 Points, 2 Muffins = 4 Points, 3 Muffins =
5 Points

- 1 cup zucchini
- 1/2 cup zero point brown sugar substitute (I use Swerve or Surkin Gold)
- 1/2 cup zero point granulated sugar substitute (I use Lakanto Monfruit)
- 4 oz unsweetened applesauce
- 2 eggs
- 1 tsp vanilla extract
- •1 cup flour
- 1/2 cup quick cook or old fashioned oats
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1. Preheat oven to 350. Spray a 12 cup muffin tin with non stick spray

- In a medium bowl, stir together zucchini, brown sugar, granulated sugar, applesauce, eggs and vanilla. Set aside
- 3. In a small bowl, combine flour, oats, baking powder, baking soda, salt and cinnamon. Stir until well combined
- 4. Add the dry ingredients to the wet ingredients and stir until combined.
- 5. Fill each muffin cup 2/3 full. I use <a href="this scoop">this scoop</a> to fill the cups soooo easy!
- 6. Bake for 20-23 minutes or until a toothpick inserted in the center comes out clean do not overbake.
- 7. Cool in the pan for 10 minutes and remove to a wire rack to cool completely. Consume within 2-3 days or freeze.