

Oatmeal Zucchini Muffins

Oatmeal Zucchini



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

2. 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 [this scoop](#) 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.