

# Carrot, Apple, Zucchini Muffins

## Ingredients:

Serves 24

cooking spray

1 cup shredded unpeeled zucchini

1 cup shredded carrots

1 large apple, cored and shredded

1 cup nonfat, plain greek yogurt

1/2 cup brown sugar

2 eggs

1/2 cup unsweetened applesauce

1/2 cup skim, almond, or soy milk

2 tablespoons canola oil

1 Tbsp. lemon zest

3 1/2 cups whole wheat flour

1 tablespoon baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon ground allspice

1/2 cup chopped walnuts



## Nutrition Facts

Serving Size 1 muffin  
Servings Per Container 24

Amount Per Serving

**Calories** 130      **Calories from Fat** 30

% Daily Value\*

**Total Fat** 3.5g      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 190mg      **8%**

**Total Carbohydrate** 21g      **7%**

Dietary Fiber 3g      **12%**

Sugars 7g

**Protein** 5g

Vitamin A 15%      • Vitamin C 4%

Calcium 4%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Coat 24 muffin cups with cooking spray.
2. Stir zucchini, carrots, and apple together in a large bowl.
3. Mix in yogurt, brown sugar, eggs, applesauce, skim milk, canola oil, and lemon zest until thoroughly combined.
4. Whisk whole wheat flour, baking powder, baking soda, salt, cinnamon, nutmeg, and allspice in a separate bowl.
5. Gently stir dry ingredients into wet ingredients until just combined. Fold walnuts into batter.
6. Pour batter into prepared muffin cups.
7. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes.