

Spiced Zucchini and Carrot Muffins

Serving Size 1 muffin

Servings 8-10



Nutrition Information

Calories

100

These muffins are grain-free, made from almond flour and naturally sweetened with maple syrup. You won't even notice the veggies

Ingredients

- 1 medium [zucchini](#), [grated](#)
- 1 medium [carrots](#), [coarsely grated](#)
- 1 [egg](#), [lightly beaten](#)
- 3 Tbsp [melted butter](#)
- 3 Tbsp [maple syrup](#)
- Pinch of [salt](#)
- 1 cup [almond flour](#)
- 1 tsp [baking soda](#)
- 1/2 tsp [ground cinnamon](#)
- 1/2 tsp [ground nutmeg](#)
- Optional, for garnish, [basil leaves](#)

Directions

1. Preheat oven to 375 degrees F.
2. In a large bowl, use a spatula to mix together the zucchini, carrot, egg, butter, and maple syrup.
3. In a separate bowl, mix together the salt, flour, baking soda, cinnamon, and nutmeg.
4. Gently incorporate all the ingredients until well combined, but do not over-mix.
5. Pour the mixture into muffin molds and bake for about 20 minutes (until golden brown on top).

Let them cool down, then remove from the molds.

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