

5. Zucchini Bread Muffins

Prep Time: 10 min | **Cook Time:** 25 min | **Total Time:** 35 min | **Servings:** 12

Ingredients:

- 1 cup shredded zucchini
- 1½ cups flour
- ½ cup sugar
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- ½ cup yogurt
- 1 egg
- ¼ cup oil

Instructions:

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients; whisk wet ingredients separately.
3. Combine; fold in zucchini.
4. Spoon into muffin tin; bake 20–25 minutes.

Nutrition (per muffin):

- Calories: 120
- Fiber: 1 g
- Protein: 3 g
- Fat: 4 g
- Sugar: 8 g

Health Benefits:

- Adds hidden vegetables for extra vitamins.
- Yogurt reduces saturated fat and boosts probiotics.

Pro Tips:

- Peel zucchini if color is off-putting.
- Reintroduce peel gradually after acceptance.