

Recipe Card

Healthy Chocolate Zucchini Muffins

Recipe by: Laurie Jesch-Kulseth @ Relishing It

Makes: 12

Ingredients:

- 1 cup white whole wheat flour (whole wheat pastry flour works, too)
- 1/2 cup unsweetened cocoa powder
- 1/2 tsp. kosher salt
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 cup virgin coconut oil (warmed to the liquid state, but not hot)
- 1/2 cup honey
- 2 eggs, at room temperature
- 1 tsp. vanilla
- 1 1/2 cups coarsely grated zucchini (about 1 medium)
- 3/4 cup chocolate chips (Ghirardelli 60 % Cacao Bittersweet are the best, in my opinion)

Directions:

1. Preheat the oven to 350°F. Spray or butter a 12-cup muffin tin. Set aside.
2. In a large bowl, sift, then whisk together the flour, salt, baking powder, baking soda, and cocoa. Toss the chocolate chips into the mixture. Set aside.
3. In another large bowl, thoroughly mix the honey, coconut oil, vanilla, and eggs together until uniform. Add the zucchini and mix until evenly coated.
4. Combine the two bowls together, mix until everything is wet. Do not over mix. Evenly distribute the batter—1/4 cup per muffin is about right. Bake for about 18 minutes, or until a tester inserted into a muffin comes out clean. Remove from oven and let cool for about 3 – 5 minutes before removing from the pan.

Keeps well for days in an airtight container.

<http://www.healthiestbest.com/quick-and-healthy-meals>

