

# Pumpkin Zucchini Muffins

14 SERVINGS 35 MINUTES



## INGREDIENTS

1 cup Whole Wheat Pastry Flour  
2 tsp Cinnamon  
1 tsp Pumpkin Pie Spice  
1 tsp Baking Soda  
1 tbsp Baking Powder  
1/2 tsp Sea Salt  
1/2 cup Egg Whites (egg substitute or the whites of 4 eggs)  
1 cup Pureed Pumpkin  
1 cup Zucchini (finely shredded)  
1 tsp Vanilla Extract  
1/3 cup Maple Syrup  
1/4 cup Non Fat Greek Yogurt (plain)

## NUTRITION

### AMOUNT PER SERVING

Calories	69	Fiber	2g
Fat	0g	Sugar	6g
Saturated	0g	Protein	3g
Trans	0g	Cholesterol	0mg
Carbs	14g	Sodium	296mg

## DIRECTIONS

- 01 Preheat oven to 375F. Spray muffin tins with cooking spray.
- 02 Combine all dry ingredients (flour, cinnamon, pumpkin pie spice, baking soda, baking powder, and salt) in a medium bowl and set aside.
- 03 Wrap grated zucchini in a paper towel and squeeze out liquid.
- 04 Combine egg whites, pumpkin puree, zucchini, vanilla, maple syrup, and Greek yogurt in another medium bowl. Mix by folding over to combine.
- 05 Pour zucchini mixture into the dry ingredients. Fold together until mixed well.
- 06 Using a scoop or half cup measure, scoop batter into muffin tins. Bake for 20-25 minutes. Insert toothpick in the middle to test for doneness. It should come out clean if fully baked.
- 07 Cool on wire rack. Once fully cooled, place in an airtight container. Will last on the counter for 3-5 days.

## NOTES

### ADD INS

Add in a 1/4 cup of finely chopped walnuts or pecans or 1/2 cup of dark chocolate chips.

### LOWER SODIUM

Decrease salt to 1/4 tsp.

### INCREASE FIBER

Add 1/4 cup ground flaxseed.

### VEGAN

Substitute the egg whites with aquafaba and the non fat Greek yogurt with plant based greek yogurt.