

ZUCCHINI CINNAMON MUFFINS

By Dr. Cindy Tanzar
(Maintenance)

Here's one more recipe to help out with all the summer zucchini you may have on hand. While these muffins are intended for those who are on maintenance and not weight loss, I would rather you eat something like this if you are having a cheat day than something loaded with a lot of sugar or unhealthy, high-glycemic flours.

Makes 9 muffins.



INGREDIENTS

- 2/3 cup pureed or grated (packed) zucchini (about an 8" zucchini works best for moisture)
- 1/3 cup Swerve or erythritol
- 4 oz. Kerry Gold butter
- 4 pastured eggs
- 1/3 cup coconut flour
- 1/3 cup almond flour
- 1/3 cup golden flaxseed meal
- 2 tsp. cinnamon
- 1/4 tsp. ground nutmeg



1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. pink Himalayan salt

INSTRUCTIONS

Preheat oven to 350°F. Line a muffin pan with 9 cupcake liners (foil work best, but you can use either).

In a medium-large bowl add zucchini, Swerve, butter and eggs and mix well.

In a small separate bowl, mix together coconut flour, almond flour, flaxseed meal, cinnamon, nutmeg, baking powder, baking soda, and sea salt.

Add dry ingredients to zucchini mixture and mix well. Divide batter evenly between 9 muffins.

Bake at 350°F for 25 minutes or until toothpick comes out clean.