



Ashley's Meal Prep Monday!

Banana Zucchini Muffins with Blueberries



INGREDIENTS

1 cup mashed ripe bananas
1/2 cup grated zucchini,
packed and squeezed very
dry. Ends up being about 1
medium zucchini
1/4 cup almond milk
1/4 cup melted vegan butter
or coconut oil
2 eggs
1 TSP vanilla
1 1/2 cups GF flour
1/4 cup coconut sugar
1 TSP baking powder
1/2 TSP baking soda
1 TSP cinnamon
1 cup fresh or frozen
blueberries

Preheat the oven to 375 and prepare a muffin pan with nonstick spray/liners. I prefer using silicone pans and not fuss with greasing.

Add mashed banana, grated zucchini, almond milk, butter, eggs and vanilla to a medium sized bowl and stir gently. Add in the flour, sugar, baking powder, baking soda, and cinnamon and stir again to combine. Fold in the blueberries gently.

Divide the batter among the prepared muffin tin, using a heaping 1/4 cup in each muffin cup. Bake for 22 minutes, or until a cake tester inserted into the center comes out clean and the muffins are a golden brown around the edges.

Let cool in the pan for a few minutes before transferring to a wire rack to cool completely.

Feel free to sub blueberries for chocolate chips.

Recipe: yummytoddlerfood.com

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