

## Banana-Zucchini Muffins

Yield: 12 muffins

- 95g all-purpose flour
- 95g white whole-wheat flour
- 1 tsp ground cinnamon
- $\frac{3}{4}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- 2 large eggs (~100g)
- 135g sugar
- 60ml canola oil
- $1\frac{1}{2}$  tsp vanilla extract
- 230g mashed ripe banana (about 2 medium)
- 130g shredded zucchini (about 1 medium)
- 40g walnuts, chopped



1. Preheat oven to **200°C**. Coat a 12-cup muffin tin with cooking spray.
2. In a large bowl, whisk together **both flours, cinnamon, baking soda, and salt**.
3. In a medium bowl, beat the **eggs** with **sugar, oil, and vanilla extract**.
4. Stir in mashed **banana** and shredded **zucchini**.
5. Add the wet mixture to the dry ingredients and mix just until combined (do not overmix).
6. Divide the batter evenly into the muffin cups.
7. Bake for **15–18 minutes**, or until lightly golden and springy to the touch.
8. Cool for 5 minutes in the pan, then transfer to a wire rack.

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### 💡 Suggestions to Improve Flavor or Nutrition:

- Optional Additions:
  - Ground flaxseed (1–2 T) for added fiber and omega-3s.
  - A small splash of lemon juice to brighten flavor.
- Substitute half of the sugar with mashed dates or reduce total sugar to 100g if bananas are very ripe.

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### Nutritional Estimates

#### (Per muffin, with without walnuts)

Calories: 150 kcal | Protein: 3g | Total Fat: 6g | Saturated Fat: 0.8g | Carbohydrates: 22g |  
Sugars: 10g | Fiber: 2g | Cholesterol: 31mg | Sodium: 180mg

#### (Per muffin, with walnuts)

Calories: 179 kcal | Protein: 3.5g | Total Fat: 8.2g | Saturated Fat: 1.2g | Carbohydrates: 24.5g |  
Sugars: 12.1g | Fiber: 2.2g | Cholesterol: 31mg | Sodium: 180mg

## Chocolate Zucchini Muffins

Yield: 12 muffins

- 2 large eggs (100g)
- 120ml extra-virgin olive oil
- 65g light brown sugar
- 80g plain full-fat strained Greek yogurt (Oikos)
- 1 T vanilla extract
- 95g all-purpose flour
- 95g whole wheat pastry flour (or regular whole wheat flour)
- 30g unsweetened cocoa powder
- 1 tsp baking soda
- 1 tsp espresso powder (optional but recommended)
- $\frac{3}{4}$  tsp salt
- $\frac{1}{2}$  tsp baking powder
- 200g zucchini, shredded and lightly squeezed (about 2 small)
- 85g bittersweet chocolate, chopped (divided: half mixed in, half for topping)
- 40g walnuts, chopped



1. Preheat oven to **200°C**. Line a 12-cup muffin pan with liners and spray lightly with oil.
2. In a large bowl, whisk together the **eggs, olive oil, brown sugar, yogurt, and vanilla** until smooth.
3. In a separate bowl, whisk together the **flours, cocoa, baking soda, baking powder, espresso powder, and salt**.
4. Add dry ingredients to the wet mixture and stir gently until almost combined.
5. Fold in the **zucchini** and **half the chopped chocolate** until just incorporated.
6. Divide batter evenly into muffin cups. Sprinkle tops with the remaining chocolate.
7. Bake for **16–18 minutes**, or until a toothpick inserted comes out with just a few moist crumbs.
8. Let cool 5 minutes in the pan, then transfer to a wire rack.

### ✂ Suggestions for Flavor/Nutrition:

- Boost fiber with 1 T ground flaxseed or oat bran.
- Swap yogurt for mashed banana (80g) or unsweetened applesauce for a slight fruitiness.
- Reduce sugar slightly (e.g., 55g) if using very ripe zucchini or adding banana.

### Nutritional Estimates

#### (Per muffin, without walnuts)

Calories: 220 kcal | Protein: 5g | Total Fat: 13g | Saturated Fat: 4g | Carbohydrates: 20g | Sugars: 7g | Fiber: 3g | Sodium: 250mg

#### (Per muffin, with walnuts)

Calories: 254 kcal | Protein: 5.5g | Total Fat: 8.2g | Saturated Fat: 16.2g | Carbohydrates: 20.4g | Sugars: 7.1g | Fiber: 3.2g | Sodium: 250