

Zucchini Mini Muffins

Ingredients

- 6 ounces all-purpose flour (about 1 1/3 cups)
- 1/2 cup packed dark brown sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice
- 2/3 cup shredded zucchini (about 1 medium zucchini)
- 3 tablespoons canola oil
- 2 tablespoons butter, melted
- 2 tablespoons 1% low-fat milk
- 1 teaspoon vanilla extract
- 1 large egg, lightly beaten
- Cooking spray

Nutrition Facts

- Calories 146
- Fat 6.1g
- Satisfat 1.7g
- Monofat 2.9g
- Polyfat 1.2g
- Protein 2.3g
- Carbohydrate 20.8g
- Fiber 0.7g
- Cholesterol 21mg
- Iron 0.9mg
- Sodium 160mg
- Calcium 41mg

Instructions

Preheat oven to 400°. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (through allspice) in a large bowl. Combine zucchini and next 5 ingredients (through egg) in a small bowl; stir with a whisk. Add zucchini mixture to flour mixture, stirring batter just until combined. Divide batter evenly among 24 miniature muffin cups coated with cooking spray. Bake at 400° for 10 minutes or until a wooden pick inserted in center of muffins comes out clean.

