

Zucchini, Carrot and Banana Muffins

Ingredients

- 3 cups (435 g) flour
- 1 1/8 cups (227 g) sugar
- 2 1/2 teaspoons cinnamon
- 2 1/4 teaspoons baking soda
- 1 teaspoon kosher salt
- 3/4 teaspoon baking powder
- 3 cups (340 g) carrots, peeled and grated
- 2 cups (255 g) zucchini, grated
- 1 cup (270 g) mashed, ripe banana
- 4 eggs
- 1/2 cup + 1 tablespoon (120 g) vegetable oil
- 2 1/2 teaspoons vanilla extract
- 1 cup chopped walnuts

Directions

In a medium bowl, whisk together flour, sugar, cinnamon, baking soda, salt and baking powder. Set aside.

In another medium bowl, whisk together the eggs, oil, and vanilla. Set aside.

In a large bowl, gently toss together the carrots, zucchini, and bananas. Pour the liquid egg mixture over the grated vegetables and bananas, and fold in gently to combine. Add the dry ingredients to the wet and fold in until just combined. Add nuts.

Scoop the batter gently into greased or lined muffin tins. Bake for 8 minutes at 400 degrees, then rotate the pan and reduce the temperature to 350 degrees. Bake for an additional 9-11 minutes, or until a toothpick comes out clean. Leave muffins in the pan for 10 minutes, then remove from the pan and place on a wire rack to cool completely.

Yields: 24 muffins