

Zucchini Banana Flaxseed Muffins

Adapted from [Everyday Food September 2011](#)

Ingredients:

1 $\frac{3}{4}$ cup all-purpose flour
1/2 cup ground flaxseed
1 cup lightly packed brown sugar
2 teaspoons baking soda
1 teaspoon baking powder
1/2 teaspoon coarse salt
1 $\frac{1}{2}$ teaspoons ground cinnamon
1 $\frac{1}{2}$ cups grated zucchini (from 1- 2 large zucchini)
1 to 2 mashed bananas (about $\frac{1}{3}$ cup)
6 ounces Greek yogurt
1 large egg, lightly beaten
1 teaspoon pure vanilla extract

Preparation:

Preheat oven to 350 degrees. Add your muffin liners to the pan.

In a large bowl, whisk together flour, flaxseed, brown sugar, baking soda, baking powder, salt and cinnamon. Add zucchini and banana and stir to combine.

In the bowl of the stand mixer, mix the egg, milk and vanilla extract,. With the speed on low, slowly add the flour mixture to wet mixture until combined.

Divide batter among muffin cups. Bake until a toothpick inserted in center comes out clean, 20 to 25 minutes. Let cool for 5 minutes in the pan and transfer to cooling rack. Cool completely before placing in an airtight container.

Yield: 18 muffins

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