

Healthy Zucchini Muffins

**Adapted from cookieandkate.com*

Prep Time: 20 minutes | Cook Time: 16 minutes | Total Time: 36 minutes | Makes: 12 muffins

INGREDIENTS

- ¾ cup roughly chopped raw walnuts or pecans (optional)
- ⅓ cup extra-virgin olive oil
- ½ cup honey (or maple syrup)
- 2 eggs
- ⅓ cup buttermilk*
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine-grain sea salt
- ¼ teaspoon ground nutmeg
- 2 teaspoons vanilla extract
- 1 ½ cups grated zucchini* (1 small-to-medium zucchini, about 7 ounces)
- 1 ¾ cups white whole wheat flour (or regular whole wheat flour)

DIRECTIONS

1. Preheat oven to 400°F. If necessary, grease all 12 cups on your muffin tin with butter or cooking spray (non-stick pan may not require any grease).
2. Toast the nuts (if using): Once the oven has finished preheating, pour the chopped nuts onto a small, rimmed baking sheet. Bake until the nuts are fragrant and toasted, about 4 to 5 minutes, stirring halfway.
3. In a large mixing bowl, combine the olive oil and honey. Beat them with a whisk until they are combined. Add the eggs and beat well.
4. Add the buttermilk, cinnamon, baking powder, baking soda, salt, nutmeg and vanilla extract, and whisk to blend. Switch to a big spoon and stir in the zucchini, then add the flour and stir just until combined. A few lumps are ok! Gently fold in the toasted nuts now, if using.
5. Divide the batter evenly between the 12 muffin cups. Bake muffins for 16 to 19 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
6. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for two days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.

**If you don't have any buttermilk, you can use ⅓ cup milk of choice mixed with 2 teaspoons vinegar – allow to rest for 5 minutes before using.*

**If your grated zucchini is very wet, squeeze out the excess moisture over the sink before stirring it into the batter.*