

Chocolate Zucchini Carrot Muffins

INGREDIENTS:

1 egg	1 mL baking soda
125 mL white sugar	0.5 mL baking powder
60 mL vegetable oil	1 mL salt
30 mL unsweetened cocoa powder	0.5 mL ground cinnamon
2 mL vanilla extract	0.5 mL ground nutmeg
60 mL grated zucchini	0.5 mL ginger
60 mL grated carrot	
185 mL all-purpose flour	

DIRECTIONS:

1. Preheat oven to 350 degrees F. Lightly grease or line 12 mini muffin tin with paper liners.
2. In a large bowl beat the egg. Beat in the sugar and oil. Add the cocoa, vanilla, zucchini and carrot, stir well.
3. Stir in the flour, baking soda, baking powder, salt, cinnamon, nutmeg, cloves and cardamom. Mix until just moist.
4. Pour batter into prepared muffin tins filling 2/3 of the way full. Bake at 350 degrees F (175 degrees C) for 15 to 20 minutes. Remove from pan and let cool on a wire rack. Store loosely covered.

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