

Café Rebecca – Maple Zucchini Muffins

Utensils & Appliances:

<input type="radio"/> Apron
<input type="radio"/> Oven Mitts
<input type="radio"/> 12 Muffin Pan
<input type="radio"/> 12 Paper Muffin Cups
<input type="radio"/> 1 Cup Measuring Cup
<input type="radio"/> ½ Cup Measuring Cup
<input type="radio"/> ¼ Cup Measuring Cup
<input type="radio"/> Teaspoon
<input type="radio"/> ½ Teaspoon
<input type="radio"/> Whisk
<input type="radio"/> Wooden Spoon
<input type="radio"/> 2 Mixing Bowls
<input type="radio"/> Cookie Scoop

Café Rebecca – Maple Zucchini Muffins

Ingredients:

○ 2 Cups Flour Blend*
○ ¼ Cup Flaxseed Meal
○ ½ Teaspoon Salt
○ 1 Teaspoon Baking Soda
○ 2 Teaspoons Baking Powder
○ ½ Teaspoon Cinnamon
○ ½ Teaspoon Ground Ginger
○ ½ Cup Applesauce
○ 1 Cup Zucchini, Shredded/Grated
○ ½ Cup Maple Syrup
○ 1 Teaspoon Vanilla Extract
○ 1 Teaspoon Maple Extract
○ ¼ Cup Canola Oil (or fat of choice)
*We use Bob's Red Mill Gluten Free 1 to 1 Baking Flour (http://www.bobsredmill.com/shop/flours-and-meals/gluten-free-flours/gluten-free-1-to-1-baking-flour.html)

Café Rebecca – Maple Zucchini Muffins

Instructions:

- | |
|---|
| 1. Preheat oven to 350° F |
| 2. Put paper muffin cups in muffin pan |

<u>Dry Ingredients</u>	
3. Mix together in a bowl:	
2	Cups Flour
1	¼ Cup Flaxseed Meal
1	Teaspoon Cinnamon
1	Teaspoon Ginger
2	Teaspoon Baking Powder
1	Teaspoon Baking Soda
1	½ Teaspoon Salt

Café Rebecca – Maple Zucchini Muffins

Wet Ingredients

4. Mix together in a bowl:

- | | |
|----------|--------------------------------------|
| 1 | ½ Cup Apple Sauce |
| 1 | ½ Cup Maple Syrup |
| 1 | Teaspoon Vanilla Extract |
| 1 | Teaspoon Maple Extract |
| 1 | ¼ Cup Canola Oil |
| 1 | Cup Zucchini, Shredded/Grated |

5. Slowly mix the dry ingredients into the wet ingredients

6. Use a cookie scoop to scoop muffins into muffin cups

7. Bake for 25 minutes

8. Allow to cool for 10 minutes and enjoy!!