



# ZUCCHINI CINNAMON MUFFINS

By Dr. Cindy Tazar

Experience the delightful fusion of flavors in these Zucchini Cinnamon Muffins, where the moisture and subtle sweetness of zucchini meet the warm, inviting spices of cinnamon and nutmeg. These muffins are not only a treat for your taste buds but also a healthier alternative, crafted with nutrient-dense ingredients like coconut flour, almond flour, and golden flaxseed meal. Perfect for breakfast or a midday snack, each bite offers a comforting, wholesome indulgence that brings a touch of cozy flavor to your day. Enjoy the perfect balance of taste and nutrition with these delicious muffins!

Makes 9 servings.



## INGREDIENTS

- 2/3 cup pureed or grated (packed) zucchini (about an 8" zucchini works best for moisture)
- 1/3 cup Swerve or erythritol
- 4 oz. butter
- 4 eggs
- 1/3 cup coconut flour
- 1/3 cup almond flour
- 1/3 cup golden flaxseed meal
- 2 tsp. cinnamon
- 1/4 tsp. ground nutmeg
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. pink Himalayan salt



## INSTRUCTIONS

1. Preheat oven to 350°F. Line a muffin-pan with 9 cupcake liners (foil work best, but you can use either).
2. In a medium-large bowl add zucchini, Swerve, butter and eggs and mix well.
3. In a small separate bowl, mix together coconut flour, almond flour, flaxseed meal, cinnamon, nutmeg, baking powder, baking soda, and sea salt.
4. Add dry ingredients to zucchini mixture and mix well. Divide batter evenly between 9 muffins.
5. Bake at 350°F for 25 minutes or until toothpick comes out clean.