Zucchini Muffins
This recipe is a satisfying snack that helps you eat all your vegetables with a smile.

Ingredients

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- ¼ teaspoon salt
- ¼ cup oil
- ½ cup applesauce
- ½ cup plain, non-fat yogurt
- 3 eggs
- ½ cup sugar
- ¼ cup milk
- 2 teaspoons vanilla
- 2 cups zucchini, grated
- ½ cup dried apricots, finely chopped

Directions

1. Preheat oven to 375 degrees.
2. In a large bowl, mix together both flours, baking powder, baking soda, cinnamon, and salt and set aside.
3. In a separate bowl, whisk together oil, applesauce, yogurt, eggs, sugar, milk, and vanilla.
4. Add the flour mixture and stir to combine.
5. Fold in zucchini and apricots.
6. Add liners to muffin pan or coat with cooking spray and fill muffin tins about ¾ of the way full.
7. Bake 15-20 minutes or until brown around the edges.
8. Cool for 10 minutes in muffin pan before removing to a wire rack to cool completely.

Nutrition Facts

Serving Size 1 Muffin
Servings Per Recipe 18

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 120</td>
</tr>
<tr>
<td>Calories from Fat 40</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 4.5g</td>
</tr>
<tr>
<td>Saturated Fat 0.5g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
</tr>
<tr>
<td>Sodium 180mg</td>
</tr>
<tr>
<td>Total Carbohydrate 18g</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>Sugars 7g</td>
</tr>
<tr>
<td>Protein 3g</td>
</tr>
</tbody>
</table>

Vitamin A 8% • Vitamin C 4%
Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Visit our website for more great recipes and program information- http://lpi.oregonstate.edu/healthyyouth