

Paleo Zucchini Muffins

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large mixing bowl
measuring cups and spoons
metal whisk
grater
small mixing bowl
stirring spoon
muffin tins
cooking skewer

METHOD

INGREDIENTS

1. **Preheat** oven to 175°C.

2. **Line** or grease the muffin tins.

3. In the large bowl, **whisk** to remove lumps

2 cups **almond flour or meal**
½ cup **coconut flour**
½ cup **chopped walnuts**
1 tsp **baking powder**
1 tsp **bicarb soda**
1 tsp **ground cinnamon**
¼ tsp **pink or sea salt**

4. **Stir** in

2 cups **coarsely grated zucchini** (~2)

5. In the small bowl, **whisk** together

3 **large eggs**
½ cup **extra virgin olive or coconut oil**
½ cup **honey**
1 tsp **pure vanilla extract or powder**

6. **Mix** the wet with the dry ingredients.

7. **Place** spoonful into the muffin tins.

8. **Bake** for 15 minutes or until the skewer comes out clean.

