

Flourless Chocolate Chip Zucchini Banana Muffins

Prep time

10 mins

Cook time

20 mins

Total time

30 mins

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Yields: 12 muffins

Ingredients

- 1 1/2 cups (120 g) rolled oats
- 2 tbsp (14 g) ground flaxseed
- 1/2 tsp ground cinnamon
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2 large eggs
- 6 tbsp (96 g) almond butter
- 6 tbsp (120 g) honey
- 2 tsp (10 ml) vanilla extract
- 2 medium-size ripe bananas, mashed (200 g or 1 cup)
- 1 cup (115 g) shredded zucchini, squeezed of excess liquid*



Directions

1. Preheat your oven to 350F (176C) and prepare a muffin pan by lining the cavities with parchment paper liners. Set aside.
2. Add the oats, ground flaxseed, cinnamon, baking powder, baking soda and salt to a high-speed blender, and process on high until the oats have broken down into the consistency of a fine flour, about 10 seconds.
3. Add all of the remaining ingredients except for the bananas and zucchini, and process on high until the batter becomes smooth and creamy, about 30 seconds. Periodically stop and scrape down the sides of your blender, if necessary.
4. Transfer the batter to a medium-size mixing bowl (this makes it easier to mix in the remaining ingredients), and fold in the bananas and zucchini by hand.
5. Spoon the batter into the prepared muffin cups, filling each one about 3/4 of the way full.
6. Bake for 18-20 minutes, until the tops of your muffins begin to turn golden brown and a toothpick inserted into the center comes out clean. Allow the muffins to cool in the pan for 10 minutes before transferring them to a wire rack to cool completely. As soon as they've cooled, transfer them to an airtight container and store them at room temperature for up to 5 days, or freeze for up to 3 months.

Notes

* I like to place a handful of shredded zucchini between two paper towels and squeeze it over the sink. This drains it of just the right amount of liquid to allow the muffins to cook properly.

Recipe by . running with spoons . at <http://www.runningwithspoons.com/2017/03/08/flourless-chocolate-chip-zucchini-banana-muffins/>