



August 7- Lemon Oatmeal Zucchini Muffins

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1709891>

Recipe

Ingredients:

- 1 ½ cups shredded zucchini
- ½ cup brown sugar, packed
- 1 egg
- ½ cup unsweetened applesauce
- 1 cup whole-wheat flour
- ½ cup quick oats
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cinnamon
- Zest of one lemon

Directions:

1. Preheat oven to 400°F. Spray muffin pan with cooking spray of line with muffin cups.
2. Stir together wet ingredients in one bowl and dry ingredients in another. Slowly combine the two and pour batter into prepared muffin pan.
3. Bake for 20 minutes. Let cool about 10 minutes before removing from pan.

Yield 12 servings

Nutrition Facts

Serving Size 1 muffin (51.2g)
Servings Per Container 12

Amount Per Serving

Calories 90 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 160mg **7%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 3g **5%**

Vitamin A 0% • Vitamin C 10%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.