

Low-Fat Veggie Confetti Muffins



Prep:

10 minutes

Total:

35 minutes

Makes:

12 muffins

Utensil:

Saladmaster Food Processor

3.5 Qt. Double Walled Bowl

medium mixing bowl

Cookie Sheet (12 ½ x 15 ½)

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Recipe:

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Recipe Description:

Packed with fresh veggies, these wholesome muffins are a quick and easy snack to make for breakfast or to take along as a snack.

⅓ cup
hot water
(80
mL)
¼ cup
ground (milled) flaxseed
(28
g)
⅓ cup
agave nectar
(80
mL)
2 tablespoons
maple syrup
(30
mL)
1 teaspoon
vanilla
(5
mL)
½ cup

applesauce

(128

g)

1 cup

zucchini, grated, use Cone #1

(110

g)

1 cup

carrots, grated, used Cone #1

(138

g)

1 apple, grated, use Cone #1

1 $\frac{3}{4}$ cups

whole-wheat pastry flour

(210

g)

Directions:

1. Preheat oven to 350°F.
2. In a small cup add water and flaxseed, stirring with a fork. Let sit for 5 minutes to allow mixture to thicken.
3. In a medium bowl, combine agave nectar, maple syrup, vanilla, and applesauce. Stir in zucchini, carrot, and apple. Add flaxseed mixture, stir to combine and set aside.
4. In double walled bowl, combine flour, baking powder, cinnamon and salt. Add wet ingredients to the dry ingredients and stir to combine.
5. Divide batter evenly into muffin cups and top with walnuts.
6. Place muffin cups on baking sheet and bake for 25 - 35 minutes or until a toothpick inserted comes out clean.

Nutritional Information per

▼ Serving

Calories: 157

Total Fat: 5g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 188mg

Total 21g

Carbs:

Dietary Fiber: 4g

Sugar: 5g

Protein: 4g