



Justin's Honey Zucchini Muffins

Nutritionist:
Amie Valpone

Ingredients

- ½ cup Justin's Honey Peanut Butter
- 1 ½ cups whole wheat flour
- 1 cup dry oatmeal
- ⅔ cup skim milk
- 1 cup grated zucchini
- ½ cup grated carrots
- 2 eggs
- ⅔ cup brown sugar
- 1 egg white
- 1 ¾ cup whole wheat flour
- 1 Tbsp. baking powder
- 1 Tsp. salt
- 1 tsp. vanilla extract

Directions

- Preheat oven to 375 degrees.
- In a large bowl, mix dry oatmeal and skim milk. Mix well; let sit until oats are softened.
- Add in Justin's Honey Peanut Butter, zucchini, carrots, brown sugar and vanilla extract. Mix well.
- In a separate small bowl, beat eggs and egg white; fold into the oatmeal mixture.
- In a medium bowl, combine baking powder, whole wheat flour and salt. Add these dry ingredients to the oatmeal mixture.
- Spray each cup of a muffin pan with cooking spray and divide batter evenly among each cup.
- Bake muffins for 20 minutes or until golden brown.
- Let muffins cool before lifting from the muffin pan.
- Serve each warm muffin with a spread of Justin's Cinnamon Nut Butter.
- Enjoy!