



Zucchini Cacao Muffins

Ingredients

1 cup self raising wholemeal flour

1/4 cup maple syrup

2 tbsp cocoa powder

1 large finely grated zucchini

1 egg

1/2 cup oat milk

40ml olive oil

Method

Preheat the oven to 180°C (160°C fan forced).

Line a muffin tin with cases or lightly grease.

In a bowl, whisk together the self raising flour and cocoa powder.

In another bowl, combine the maple syrup, egg, oat milk and olive oil. Whisk to combine.

Add zucchini and then whisk again.

Combine the wet mix with the flour mix and fold until just combined.

Pour batter into the prepared muffin tins and bake for 18 - 22 mins or until a skewer inserted comes out clean. Check muffins half way through baking, and rotate.

Once removed from oven, allow to cool in the tin.