



ZUCCHINI MUFFINS

Hip to Be Fit® Challenge RECIPE

Hip to BE Fit® Challenge:

Take photos or videos of yourself making the recipe and submit them using the form on the website at www.ndi-nm.org/hiptobefit.

Serves 4

Ingredients:

- 3 zucchini
- 2/3 cup melted unsalted butter
- 1 1/3 cup sugar
- 2 eggs
- 2 tsp. vanilla
- 2 tsp. baking soda
- Pinch salt
- 3 cups all-purpose flour
- 2 tsp. cinnamon
- 1/2 teaspoon nutmeg
- 1 cup walnuts (optional)
- 1 cup raisins or dried cranberries (optional)



Utensils:

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|------------------|--------------------|----------------------------|
| Vegetable grater | Large mixing bowl | Spoon |
| Measuring cups | Medium mixing bowl | Toothpick or bamboo skewer |
| Wire whisk | Muffin pan | Wire cooling rack |
| Teaspoon | Cooking spray | |

Directions:

Preheat oven to 350 degrees. In a large bowl, beat eggs and add sugar and vanilla. Grate zucchini enough for three cups and add to bowl. Add melted butter. Sprinkle baking soda and salt over the mixture and mix in. In a separate bowl, mix together flour, cinnamon and nutmeg. Add these dry ingredients to zucchini mixture. Fold in walnuts and dried fruit if using. Spray muffin pan with non-stick cooking spray. Use a spoon to distribute the batter equally among the cups, filling each cup completely.

Bake in the middle rack of the oven until muffins are golden brown and the top of the muffins bounce back when you press on them, about 25-30 minutes. Test with a long toothpick or thin skewer to make sure the muffins are done. Set on wire rack to cool for 5 minutes, then remove muffins from pan and continue to cool for 20 minutes.