



All Star Muffins™

- Nonstick cooking spray
- 1¾ cups whole wheat flour
- ½ cup ground flaxseed
- 1 cup brown sugar
- 2 tsp baking soda
- 1 tsp baking powder
- ½ tsp coarse salt
- 1 tsp ground cinnamon
- 1½ cups coarsely grated zucchini
- ½ cup pureed baked Bako Sweet™
Covington or Diane (garnet red)
- ¾ cup whole milk
- 1 large egg, beaten
- 1 tsp pure vanilla extract
- 1 handful of chocolate chips



Preheat oven to 350. Lightly coat 12 standard muffin cups with cooking spray. In a large bowl, whisk together flour, flaxseed, brown sugar, baking soda, baking powder, salt and cinnamon. Add zucchini and sweet potato puree and stir to combine. In a small bowl, whisk together milk, egg, and vanilla. Add milk mixture, flour mixture and chocolate chips and stir until combined. Do not overmix.

Divide batter among muffin cups. Bake until a toothpick inserted in center comes out clean, about 20-25 minutes. Let muffins cool completely in the pan on a wire rack, about 30 minutes.

Natalia V Fritz

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Another delicious choice from Country Sweet Produce