



## EASY MORNING VEGGIE MUFFINS

### INGREDIENTS

- 1  $\frac{3}{4}$  cups unbleached white all-purpose flour
- 1 cup whole wheat flour
- $\frac{1}{4}$  cup ground flaxseed
- 1 tsp baking soda
- 1 heaping tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- $\frac{1}{2}$  tsp ground nutmeg (grate whole nutmeg for extra flavor)
- $\frac{1}{4}$  tsp salt
- 2 large eggs
- 1 cup sugar
- 2 tsp vanilla extract
- 3 cups shredded zucchini & carrots (whatever combo you want)
- $\frac{3}{4}$  cup butter, melted

### DIRECTIONS

1. Preheat oven to 350 degrees
2. With a whisk, stir together flours, flaxseed, baking soda, baking powder, cinnamon, ginger, nutmeg and salt. Set aside.
3. In a large mixing bowl, whisk eggs and mix in sugar and vanilla. Then add grated veggies and butter. Stir to combine.
4. Stir the dry ingredients into the veggie mixture and stir until just combined (do not over-mix).
5. Coat each muffin tin with vegetable oil or use parchment baking cups as liners. Divide the batter evenly between 18 muffin cups, filling each to the top but no overflowing.
6. Bake for 20-25 minutes until golden brown and cooked through. Let cool on a cooling rack.

\*Add chopped walnuts or dried cranberries for extra nutrition if desired