

# DOUBLE CHOCOLATE ZUCCHINI MUFFINS

SERVES: 16 | SERVING SIZE: 1 muffin | PREP: 15 minutes | READY: 40 minutes

## INGREDIENTS

- 16 baking cup liners or vegetable oil cooking spray
- 1 1/3 cups granulated sugar
- 1/4 cup neutral oil such as canola
- 1/4 cup reduced-fat sour cream
- 1 large egg
- 1 tablespoon vanilla extract
- 3/4 cup all-purpose flour
- 3/4 cup white whole-wheat flour
- 1/4 cup natural cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup 1% milk
- 2 cups shredded zucchini
- 1/2 cup dark chocolate chips (such as Nestle Toll House® Dark Chocolate Morsels)



## DIRECTIONS

Preheat oven to 350 degrees. Line muffin baking pans with baking cups or coat with cooking spray.

In a large bowl, stir together granulated sugar, oil, sour cream, egg, and vanilla extract until combined.

In a separate bowl, whisk together all-purpose flour, whole-wheat flour, cocoa powder, baking powder, baking soda, and salt. Add flour mixture to sugar mixture alternately with milk, mixing after each addition. Stir until just combined (overmixing the batter will result in tough muffins).

Squeeze shredded zucchini of excess moisture. Add zucchini and chocolate chips to batter and stir to combine. Evenly divide batter to yield 16 muffins. Bake for 20 to 25 minutes or until a wooden pick inserted in the center of a muffin comes out clean. Allow muffins to cool on a wire rack.

## NUTRITION INFORMATION PER SERVING

167 calories, 7 g total fat, 2 g saturated fat, 0 g trans fat, 13 mg cholesterol, 115 mg sodium, 27 g total carbohydrate, 2 g dietary fiber, 17 g total sugars, 16 g added sugars, 3 g protein, 0 mcg (0%) vitamin D, 26 mg (2%) calcium, 1 mg (6%) iron, 78 mg (2%) potassium

