

Coconut Zucchini Muffin

Number of Servings: 12

Prep Time: 15 minutes

Cook Time: 35 minutes

Ingredients

Dry

2 cups gluten free flour blend of choice

1/2 cup muscavado brown sugar or dry sweetener of choice including monk blend sugar free sweetener

2 tsp baking soda

1 tsp baking powder (make sure it is gluten free)

2 tsp ground cinnamon

1/2 tsp salt

2 cups shredded zucchini

3/4 cup raisins, currants, dried cranberries, dates or chopped apricots

Wet

3/4 cups unsweetened coconut

1/2 cup water

1/2 coconut oil or unsweetened apple sauce

3 eggs

1 tbsp vanilla

Topping

1/4 cup muscavado brown sugar or dry sweetener of choice

1/4 cup pumpkin seeds

Instructions

Add all dry ingredients to a bowl, stir well and set aside.

Grate zucchini into a bowl and add raisins, set aside

In a blender: add coconut and water. Puree, the mixture will be a thick paste.

To blender add coconut oil, eggs and vanilla and blend on low speed just until combined.

Pour wet mixture into the dry and stir well, add zucchini and raisins and stir again.

Scoop into muffin lined tins. Mix topping ingredients together and spoon 1 tsp topping onto the top of each muffin.

Bake 350F oven for 30-35 minutes