Recipe:

Dark Chocolate Zucchini Muffins
Serves: 24
Serving Size: 1 muffin

Ingredients:

- 3 cups all-purpose flour
- 1.5 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp baking soda
- 1/2 tsp nutmeg
- 4 large eggs
- 1 cup packed dark brown sugar
- 1 cup granulated sugar
- 1/2 cup apple sauce
- 1/2 cup vegetable oil
- 2 tsp vanilla extract
- 14 ounces zucchini
- About 3 to 4 medium zucchini
- 1 cup dark chocolate chips

Instructions:

1. Heat the oven to 350°F
2. Line 2 muffin pans with paper liners (spray with cooking spray)
3. Whisk the flour, baking powder, cinnamon, baking soda, nutmeg, and salt in a medium bowl
4. Whisk the eggs, sugars, applesauce, oil, and vanilla in a large bowl until the eggs are broken up and the mixture is blended.
5. Fold in the flour mixture using a rubber spatula until just combined.
6. Fold in the zucchini until evenly mixed.
7. Add the chocolate chips to the mix
8. Fill the muffin wells about two-thirds of the way. Bake until the muffins are browned or toothpick inserted in the center comes out clean, about
25 minutes.

**Nutrition Facts:**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>Percent</th>
<th>Calories 162</th>
<th>Fat (g) 4</th>
<th>Fat: 22%</th>
<th>Carbohydrates (g) 29</th>
<th>Carbohydrates: 72%</th>
<th>Protein (g) 2.5</th>
<th>Protein: 6%</th>
<th>Sodium (mg) 201</th>
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</thead>
</table>

Submitted by Marisa Mozer, MS, RD, LDN, on behalf of ON DPG