

Zu-Creamy (Zucchini) Muffins or Cake

Vichna Belsky

Ingredients

- 1 cup grated zucchini (I did this with a hand blender in a tall measuring cup. It was big pieces, but it worked fine.)
- 1 cup almond flour (I had none- used regular flour.)
- 1/2 cup rice flour (I had none- used regular flour.)
- 1/4 cup cocoa
- 1/2 cup maple syrup or honey (Same calories- why use an expensive ingredient? I used sugar.)
- 1/4 tsp salt
- 1/2 tsp baking soda
- 1 tsp vanilla
- 2 TBS coconut oil (if I don't have rice flour, you think I have coconut oil? I used Canola.)
- 2 eggs



Method

1. Read all my comments in parenthesis. If you have all those specialty ingredients- more power to you! I just wanted to hide zucchini in a chocolate cake. I swapped everything else for standard ingredients in the same amount.
2. Pulse in food processor. Or, mix by hand. Works just as well as long as zucchini is smashed well enough.
3. Bake 20 minutes for cupcakes, 35 minutes for cake.
4. Reserve some for yourself before the kids get to it. I mean it!

