



Fruit and Veggie Muffins

Enjoy this fun and healthy recipe brought to you by The Early Childhood Team



SERVINGS

28 Mini Muffins



TIME

20 min



DIFFICULTY

Medium



CALORIES

77 kcal

INGREDIENTS

1 cup - Flour, Whole Wheat
1 cup - Flour, All Purpose
1 teaspoon - Baking Soda
1/2 teaspoon - Salt
1/4 teaspoon - Nutmeg
1/2 teaspoon - Cinnamon
1/2 cup - Sugar
4 tablespoon - Butter (unsalted)
2 Large Eggs
1 teaspoon - Vanilla Extract
1/2 cup - Zucchini
1/2 cup - Broccoli (Steamed)
1 1/2 - Medium Apple
1/2 - Medium Banana
1/4 cup - Applesauce (Unsweetened)
1/4 cup - Greek Yogurt (Plain)

NOTES

You can use honey or maple syrup as a sugar replacement.

Can be stored at room temp.

Serving: 1 mini muffin | Calories: 77kcal

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. In a medium size bowl, mix together flours, baking soda, salt, nutmeg, and cinnamon. Set aside.
3. In a mixer or another bowl, mix the sugar, softened butter, eggs, vanilla and Greek yogurt. Beat well.
4. Steam broccoli until fork tender. Shred zucchini and squeeze with a dry towel to remove extra liquid. Shred carrots.
5. In a food processor, combine steamed broccoli, shredded zucchini and carrots, apple, banana, and applesauce. Pulse until thoroughly mixed to a thick puree.
6. Combine the fruit and veggie puree into the wet ingredient mixture and beat until mixed.
7. Finally, add the dry ingredients and mix just until combined and wet.
8. Scoop the mixture into a greased prepared muffin pan. Fill each cup about 3/4 of the way full.
9. For mini muffins: Bake in a 375° F oven for 15-20 minutes for mini-muffins. For regular size muffins: Bake in a 375° F degree oven for about 20-25 minutes.