Chocolate Zucchini Muffins

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Chocolate muffins aren’t usually associated with the words healthy, natural, and gluten-free, but all three of those things apply to this recipe. Light, fluffy, and moist, are three more words that aptly describe these muffins. They taste like they should not be good for you, but healthy fats from coconut oil and antioxidants from dark chocolate are both beneficial to your health. And did I mention there’s even a vegetable component?

Ingredients:

1 cup almond butter

2 eggs

1/4 cup maple syrup

1 tsp vanilla extract

Pinch of salt

2 tbsp coconut flour

1 tsp apple cider vinegar

1/2 tsp baking soda

1 cup shredded zucchini

1-2 tbsp dark chocolate, chopped into small pieces

Directions:

1. Preheat the oven to 375 degrees F. Line a muffin tin with cups. Squeeze any excess moisture out of the shredded zucchini. In a medium bowl, mix together the almond butter, eggs, syrup, vanilla, and salt. Stir in the coconut flour. Add the vinegar and baking soda and stir to combine. Fold in the shredded zucchini.

2. Add about 1/4 cup of batter into each muffin cup. Sprinkle with the dark chocolate pieces. Lower the oven heat to 350 degrees F. Bake for 20-25 minutes, or until a toothpick comes out clean. Serve warm.

