

ZUCCHINI BUCKWHEATMUFFINS RECIPE

11 muffins

Makes

50 Minutes

total time

Ingredients:

2 eggs
1 3/4 cups grated zucchini
1/2 cup full fat coconut milk
2 Tablespoons olive or avocado oil
1/2 teaspoon sea salt
1 Tablespoon ground cinnamon
1/4 teaspoon ground nutmeg
2 teaspoons baking powder
1 teaspoon vanilla extract
1/2 teaspoon liquid stevia, or to taste.
Optional use 1/3 cup maple syrup instead.
1 cup buckwheat flour
1/4 cup millet flour
1/4 walnuts, chopped

Directions:

Preheat the oven to 350 degrees F. In a large bowl mix together all of the ingredients until combined. Line muffin tin with muffin liners. spoon in the batter until each one is 3/4 full. Bake at 350 degrees F. for 25 minutes or until they spring back when you press on them.