

McDougal's Farm LLC

What's Growing On!

Recipes

Zucchini Apple Walnut Muffins

Preheat oven to 375 degrees

Blend together:

2 c. sugar or 1 ½ cup honey

1 cup vegetable oil

4 eggs

Then add and mix well;

½ tsp. vanilla extract

1 tsp. baking powder

1 tsp. baking soda

1 tsp of salt

1 tsp of cinnamon or more

3 cups flour (or 2 ¾ cup flour and ¼ ground flax)

Then stir in:

2 cups grated zucchini

1 cup chopped nuts

½ to 1 cup chopped apples (can use raisins instead if you wish)

Spoon into greased muffin tins (¾ full) and bake for 25-27 minutes. Makes about 24 muffins