

Zucchini Mini Muffins

~ Makes 6 dozen~

Adapted by T Smith for Mosaic Healthy Cooking and Eating Class (Oct. 2, 2013)

Wet ingredients

3 eggs
1 cup canola oil
1 cup Splenda
1 cup Splenda Brown Sugar Blend
2 tsp. vanilla
2 cups shredded zucchini
8 ½ ounce can crushed pineapple
½ cup applesauce

Dry ingredients

2 ½ cups whole wheat pastry flour
½ cup coconut flour
2 teaspoons baking powder
1 teaspoon sea salt
1 teaspoon cinnamon
¾ teaspoon nutmeg
2 tablespoons ground Flax
1 cup chopped walnuts, chopped
1 cup raisins

Directions

1. Beat eggs.
2. Add oil, Splenda and vanilla; beat until thick.
3. Stir in *Zucchini*, pineapple and applesauce.
4. Combine dry ingredients and add to wet mixture.
5. Stir in nuts and raisins.
6. Bake in mini baking cups in mini pans at 350 °F for 20-25 minutes. Cool on racks.