

# Zucchini Muffins

Moist and fluffy zucchini muffins packed with grated zucchini, walnuts, and warm spices. Perfect for breakfast or snacks with coffee!

15	25	40	8	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Zucchini Muffins

## Ingredients

- 2 cup flour
- 2 egg
- 1 cup sunflower oil
- 1 cup unsalted butter
- 1 cup brown sugar
- 3 cup zucchini
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp salt
- 1 tsp black pepper
- 1 cup walnut
- 1 cup cranberry

## Instructions

- 1 Prepare for baking**

Preheat oven to 350°F (175°C). Grease a 12-cup muffin tin with butter or cooking spray, or line with paper liners.
- 2 Prepare the zucchini**

Wash and trim 2 medium zucchini, then grate using the small holes of a box grater to yield 2 cups. Spread grated zucchini on paper towels and gently press to remove excess moisture.
- 3 Mix dry ingredients**

In a large bowl, whisk together 3 cups all-purpose flour, 1 teaspoon baking powder, 1 teaspoon baking soda, 1 teaspoon ground cinnamon, 1 teaspoon ground ginger, 1 teaspoon ground nutmeg, and 1 teaspoon salt until evenly combined.
- 4 Combine wet ingredients**

In a separate large bowl, whisk 2 large eggs until no streaks remain. Add 1 cup granulated sugar and whisk until well combined and slightly lightened, about 1 minute.
- 5** Add 1 cup melted butter, 1 cup milk, and prepared grated zucchini to the egg mixture. Stir until fully incorporated.

**6 Make the batter**

Pour the wet ingredients into the flour mixture. Using a rubber spatula, gently fold together just until flour disappears and no dry streaks remain - do not overmix or muffins will be tough.

**7** Fold in 1 cup chopped walnuts and 1 cup dried fruit until evenly distributed throughout the batter.

**8 Fill and bake**

Divide batter evenly among prepared muffin cups, filling each about 2/3 full. Bake for 20-25 minutes, until tops are golden brown and a toothpick inserted in center comes out with just a few moist crumbs.

**9 Cool and serve**

Cool muffins in pan for 5 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

## Tips

Grate zucchini using the small holes of a box grater for the best texture that will blend seamlessly into the batter without creating noticeable chunks.

Remove excess moisture from grated zucchini by gently pressing it with paper towels, but don't squeeze too hard - you want to retain some moisture for tenderness.

Bring all ingredients to room temperature before mixing to ensure even incorporation and better texture in the final muffins.

Mix the batter just until ingredients are combined - overmixing develops gluten and creates tough, dense muffins instead of light and fluffy ones.

Fill muffin cups about 2/3 full to allow room for rising without overflowing, ensuring evenly shaped muffins.

Use an ice cream scoop or large spoon to distribute batter evenly among muffin cups for consistent size and baking time.

Test for doneness with a toothpick inserted in the center - it should come out clean or with just a few moist crumbs attached.

Allow muffins to cool in the pan for 5 minutes before transferring to a wire rack to prevent breaking while still warm and delicate.