

Zucchini Oatmeal Muffins

Gluten Free

Ingredients

1/2 cup plus 1 tablespoon rolled oats
GF: GF rolled oats
1/4 cup pecan halves
1 1/2 cups all-purpose flour
GF: Millet Flour
1 cup whole-wheat pastry flour
GF: White Rice Flour
1 1/2 cups sugar
1 tablespoon baking powder
1 1/2 teaspoons ground cinnamon
1 teaspoon salt
2 large eggs
3 large egg whites
1/2 cup apple butter
1/4 cup canola oil
2 cups grated zucchini, (about 1 medium)

Method

Preheat oven to 375°F. Coat 16 muffin cups with cooking spray or line them with paper liners.

Spread rolled oats and pecans on separate areas of a baking sheet and bake until lightly toasted, 5 to 10 minutes. Let cool. Chop the pecans.

Stir together all-purpose and whole-wheat flours, sugar, baking powder, cinnamon, salt, 1/2 cup toasted oats and pecans in a large bowl. Whisk together eggs, egg whites, apple butter and oil in a medium bowl. Stir in zucchini.

Stir the wet ingredients into the dry ingredients until moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full. Sprinkle remaining oats over tops.

Bake until the tops are golden and spring back when lightly pressed, 20 to 25 minutes.

Nutrition

Per serving: 231 calories; 6 g fat (1 g sat , 3 g mono); 26 mg cholesterol; 41 g carbohydrates; 4 g protein; 2 g fiber; 271 mg sodium; 102 mg potassium.