

# Chocolate Zucchini Muffins

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**Source:** Unknown. **Yield:** 10

**Notes:** This recipe is pretty forgiving. You can use a tad extra zucchini, less oat bran or more sugar to suit your taste. I use the **bold** substitutions. Eat plain or frost these with a healthy Nutella substitute. I use a stiffer version of **Mike Geary's Healthy Chocolate Pudding** which is on the 6 Pack ABs website: <http://www.truthaboutabs.com/fat-burning-chocolate-pudding.html>

Amount	UOM	Ingredient	Substitutions
1	Cup	Whole Wheat Flour	<b>1/2 Cup Almond Flour + 1/2 Cup Teff Flour</b>
1/2	Cup	Oat Bran	
1/4	Cup	Cocoa	
1/4	Cup	Wheat Germ	<b>1/4 Cup Sorghum Flour</b> OR 1/4 Cup Carol Fenster's Sorghum-Corn Blend
2	Tsp	Baking Powder	
1	Tsp	Baking Soda	
1/4	Tsp	Salt	
3/4	Cup	Brown Sugar Splenda	<b>1/4 Tsp Green Leaf Stevia Powder + 1/4 Cup Coconut Sugar</b> OR 1/2 Cup Coconut Sugar OR 1/2 Cup Brown Sugar, Packed
1	Cup	Skim Milk	<b>1 Cup Almond Milk</b>
1/2	Cup	Liquid Egg	<b>2 Eggs</b>
1/4	Cup	Canola Oil	<b>1/4 Cup Unsweetened Apple Sauce</b> OR 2 Tbsp Unsweetened Apple Sauce + 2 Tbsp Grapeseed Oil
1	Tbsp	Vanilla	<b>1 Tbsp Mexican Vanilla</b>
2	Cups	Zucchini, peeled and shredded	

1. Follow muffin method. The batter will be soupy.
2. Spoon into silicone muffin trays.
3. Bake at 350 for 25 minutes or until a tooth pick comes out clean. Cool. Frost if you like.