



# ZUCCHINI MUFFINS

## Ingredients

*For 24 muffins*

3 eggs  
120g applesauce  
2 tbsp maple syrup  
1 tbsp apple cider vinegar  
180g grated zucchini  
170g almond flour  
60g tapioca flour  
30g coconut flour  
1 tsp baking soda  
1 tsp cinnamon  
½ teaspoon nutmeg  
1 pinch salt

## Steps

- 1.** Preheat the oven to 180°C, then add all of the dry ingredients in a bowl and mix it well.
- 2.** In a separate bowl mix the eggs, applesauce, maple syrup, and apple cider vinegar.
- 3.** Squeeze the grated zucchini kitchen towel to remove the excess water. Then add the grated zucchini to the wet ingredients and stir to combine.
- 4.** Pour the wet ingredients into the dry ones and stir until it is well mixed, then evenly divide the batter between the muffin tins.
- 5.** Bake the zucchini muffins for 30 minutes.