



ZUCCHINI AND CARROT BREAKFAST MUFFINS

How do you sneak healthy into your breakfast? With these heart-healthy muffins! With ingredients like this, these delightful breakfast muffins will keep you full and can help lower your cholesterol!

INGREDIENTS

2 cups whole wheat flour

$\frac{3}{4}$ cup packed dark brown sugar

$\frac{1}{2}$ cup large flake oats

$\frac{1}{4}$ cup ground flaxseed or ground flaxseed meal

$\frac{1}{4}$ cup [Farm Fresh Nuts Raw Pumpkin Seeds](#)

$\frac{1}{4}$ cup currants (optional)

2 Tbsp natural wheat germ

2 tsp baking powder

2 tsp cinnamon

1 cup skim milk

$\frac{1}{2}$ cup canola oil

2 eggs

1 cup finely grated zucchini

1 cup finely grated carrot

$\frac{1}{2}$ cup finely chopped apple, peel on

DIRECTIONS

1. Preheat oven to 375°F (180°C). Line a muffin tin with 12 large paper muffin liners.
2. In a large bowl, whisk together all of the dry ingredients.
3. In a medium bowl, whisk together all of the wet ingredients.
4. Pour wet ingredients into the dry ingredients and stir just to combine.
5. Using a large ice cream scoop, scoop the mixture equally into the muffin liners.
6. Bake for 25 to 30 minutes or until a cake tester inserted into centre of a muffin comes out clean.
7. Allow pan to cool slightly on a cooling rack for 5 minutes. Remove muffins from the pan and continue cooling before storing.
8. Can be stored in a covered container for 2 to 3 days or frozen for up to 3 months.