



WINE AND OLIVE ESTATE

RECIPE

Honey and olive oil zucchini muffins

Ingredients

- 3 cups grated zucchini (I used about 2 whole zucchini)
- 2 beaten eggs
- 2 teaspoons vanilla
- 1 cup **Morgenster Monte Marcello Extra Virgin Olive Oil**
- $\frac{2}{3}$ cup real maple syrup
- $\frac{1}{3}$ cup raw honey, softened
- $1\frac{1}{2}$ cups whole wheat flour
- $1\frac{1}{2}$ cups all purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ teaspoons cinnamon

Instructions

1. Preheat the oven to 350 degrees. In a mixing bowl, combine the zucchini, eggs, vanilla, olive oil, maple syrup, and honey. Stir gently until mixed; set aside.
2. In a large mixing bowl, combine the flours, baking soda, baking powder, salt, and cinnamon. Stir to combine and make a well in the middle. Pour the wet mixture from step one into the well and stir just a few times until barely combined. Overmixing makes the muffins tough and hard, so I try to limit myself to 15 big around-the-bowl stirs.
3. Pour the batter in a muffin tin greased with nonstick cooking spray or lined with paper cups. You should be able to get 6-8 jumbo muffins or 15-16 regular sized muffins. Bake for 20 minutes or until the muffins are golden brown and the tops spring back when you press on them.