

Chocolate Zucchini Muffins

Traffic light category: **Amber**

Serves: 12

Ingredients

- 1¼ cups wholemeal flour
- ¼ cup cocoa
- 1 teaspoon baking powder
- ¾ cup brown sugar
- 2 large eggs
- ½ cup vegetable oil
- 1 teaspoon vanilla essence
- 1½ cups grated zucchini

Method

1. Preheat oven to 180°C. Lightly grease a 12-cup muffin tin
2. In a medium bowl combine flour, cocoa, and baking powder
3. In a large bowl whisk sugar, eggs, oil and vanilla until smooth
4. Gently fold flour mixture into liquid mixture until just combined (batter will be very thick)
5. Fold in grated zucchini
6. Divide batter between greased muffin cups and smooth tops. Bake for 20 minutes
4. Cool in pan 5 minutes before transferring to a wire cooling rack.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	803.7kJ	1319.4kJ
Protein	3.2g	5.3g
Total fat	11.0g	18.0g
Saturated fat	1.6g	2.7g
Carbohydrate	19.7g	32.3g
Sugars	9.9g	16.2g
Dietary fibre	2.4g	3.9g
Sodium	155.9mg	255.9mg



Adapted from kidspot.com.au



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