

## Zucchini Oat Muffins

### Ingredients

- 1 cup packed pitted dates
- 1 1/4 cups grated zucchini (1 medium zucchini)
- 1 cup whole-wheat pastry flour
- 1 cup old-fashioned rolled oats
- 1/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 2 large eggs
- 1/3 cup olive oil or canola oil
- 1/2 cup coarsely chopped walnuts



### Directions

1. Place the dates in a medium bowl. Pour enough boiling water over them to cover and let soak for 1 hour. Reserve 2 tablespoons of the soaking liquid, then drain the dates well.
2. Combine the dates and the reserved liquid in a food processor and puree to form a smooth paste, stopping once or twice to scrape down the sides, as needed.
3. Place the grated zucchini in a colander in the sink; let drain for 20 minutes, then gather it up in your hands to extract as much moisture as possible.
4. Preheat the oven to 350 degrees Fahrenheit. Have a standard-size, 12-well muffin pan at hand. Lightly grease the wells with cooking oil spray or line them with baking paper cups.
5. Stir together the flour, oats, sugar, baking powder, cinnamon, nutmeg and salt in a medium bowl. Stir together all the date paste, eggs and oil in a mixing bowl until incorporated, then stir in the grated, drained zucchini. Add the flour mixture and stir until no trace of it remains, then stir in the walnuts.
6. Divide the batter evenly among the wells. Bake (middle rack) for 20 to 25 minutes, until a toothpick inserted into the center comes out clean. Recipe from Mindful by Sodexo

### Nutrition Facts

Serves 12

One muffin: Calories: 180, Carbs: 28g, Protein: 4g Fat: 7g, Sat. fat: 0.5g, Cholesterol: 0mg, Sodium: 190mg, Fiber: 3g