

Zucchini Oat Muffins

From – www.elliekrieger.com/

1 cup packed pitted dates
Boiling water
1 1/4 cups coarsely grated zucchini
1 cup whole-wheat pastry flour
1 cup old-fashioned rolled oats
1/4 cup sugar
2 tsp baking powder
1 tsp ground cinnamon
1/2 tsp freshly grated nutmeg
1/2 tsp salt
2 large eggs
1/3 cup canola oil
1/2 cup coarsely chopped walnuts

- 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. Combine the dates and the reserved liquid in a food processor (mini, preferably) and puree to form a smooth paste, stopping once or twice to scrape down the sides, as needed.
- 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.
- Preheat the oven to 350 degrees. 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.
- 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.
- 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. Serve warm, or at room temperature.



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