



ZUCCHINI MUFFINS

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ONE BATCH MAKES 12-15 MUFFINS

INGREDIENTS	X1	X2	X3	X4
Sugar, cane juice crystals, or sucanate	1 cup	2 cups	3 cups	4 cups
Oil (I usually use a mild tasting olive oil)	1/2 cup	1 cup	1 1/2 cups	2 cups
Eggs, large (or egg free substitute below)	2	4	6	8
Zucchini, grated	1 1/2 cups	3 cups	4 1/2 cups	6 cups
Garbfava Flour	5 tablespoons	10 tablespoons	15 tablespoons	1 1/4 cups
Sourguhm Flour	3 tablespoons	6 tablespoons	9 tablespoons	3/4 cup
Corn Starch, Potato Starch, Arrowroot Powder	1/2 cup	1 cup	1 1/2 cups	2 cups
Tapioca Starch/Flour	1/2 cup	1 cup	1 1/2 cups	2 cups
Xanthan Gum or Guar Gum	3/4 teaspoon	1 1/2 teaspoons	2 1/4 teaspoons	1 tablespoon
Cinnamon, ground	1 teaspoon	2 teaspoon	1 tablespoon	4 teaspoons
Baking Soda	1 teaspoon	2 teaspoon	1 tablespoon	4 teaspoons
Salt	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Raisins or chopped nuts, optional	1/2 cup	1 cup	1 1/2 cups	2 cups

Mix together sugar and oil. Beat in eggs. Mix in zucchini. Combine dry ingredients well and add to sugar mixture with raisins or nuts, if used. Mix with large spoon or mixer until well blended. Pour into an oiled loaf pan or lined muffin tins.

Bake at 350 degrees F for 25 minutes minutes or until a toothpick inserted in center comes out clean. (The time needed to bake will depend on how wet your zucchini is.)

To make egg free: Do not add eggs. Mix 1 tablespoon ground golden flax with 3 tablespoons water for every egg you are replacing. Heat while stirring until mixture has thickened. Allow to cool to room temperature. Add flax mixture to recipe when eggs would have been added. Also, increase baking powder by 1/4 teaspoon for each egg replaced.

To freeze: Allow muffins to cool down completely. Package in zip-seal freezer bags. Remove as much air as possible from freezer bag, seal, label and freeze.