

# Zucchini Cornbread Muffins

Source: Dustin Harder of [VeganRoadie.com](http://VeganRoadie.com)

## About the Recipe

**115 Calories • 2 g Protein • 1 g Fiber**  
**Breakfast**

## Ingredients

***Makes 18 Servings***

- 1 1/4 cups (125 g) ground yellow cornmeal
- 1 cup (120 g) gluten-free all-purpose baking flour
- 1/4 cup (55 g) organic cane sugar
- 2 teaspoons (9 g) baking soda
- 3/4 teaspoon sea salt
- 1 1/2 cups (355 mL) unsweetened plain oat milk
- 1/4 cup canola oil (see notes for oil-free option)
- 1 tablespoon (15 mL) apple cider vinegar
- 3 cups (375 g) grated zucchini

## Directions

1. Preheat the oven to 375 F. Line a muffin tin with liners.
2. Add the cornmeal, flour, sugar, baking soda, and salt to a bowl. Whisk to combine.
3. Add the milk, canola oil, and apple cider vinegar. Mix with a spatula to combine. Fold in the zucchini until evenly dispersed. Fill each muffin liner with 1/4 cup batter. Bake for 26-28 minutes until the muffins are golden on top and a toothpick inserted comes out clean.
4. Let cool completely. OIL-FREE: Omit the oil and use 1/4 cup unsweetened applesauce in its place.

# Nutrition Facts

*Per serving:*

**Calories:** 115

**Fat:** 4 g

**Saturated Fat:** 0 g

**% Calories From Fat:** 27%

**Cholesterol:** 0 mg

**Protein:** 2 g

**Carbohydrate:** 20 g

**Sugar:** 3 g

**Fiber:** 1 g

**Sodium:** 248 mg

**Calcium:** 29 mg

**Iron:** 0 mg

**Vitamin C:** 2 mg

**Beta-Carotene:** 118 mcg

**Vitamin E:** 1 mg