ZUCCHINI CRANBERRY MUFFINS

Serves: 12
Approximate Cost of the Recipe: $5.05
Approximate Cost per Serving: $0.46

INGREDIENTS:
2 zucchinis
1 banana
½ cup unsweetened applesauce
2 teaspoons vanilla extract
¾ cup brown sugar
1 ½ cup whole wheat flour
1 teaspoon ground cinnamon
½ teaspoon salt
¾ teaspoon baking soda
1 cup dried cranberries

DIRECTIONS:
1. Preheat oven to 350°F.
2. Wash all fresh produce under running water.
3. Grate zucchinis.
4. Peel and mash banana.
5. Combine grated zucchinis, mashed banana, applesauce, vanilla, and brown sugar in a bowl.
6. Add flour, cinnamon, salt, and baking soda. Stir to combine.
7. Gently stir in cranberries.
8. Pour batter into greased muffin tin or muffin tin with paper liners.
9. Bake for 20-25 minutes or until toothpick inserted into the center of the muffin comes back clean.
10. Serve and enjoy!

Prepared by Rhode Island Community Food Bank’s Healthy Habits, Eating Well on a Budget Program.
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