

Oatmeal Zucchini Muffins

Enjoy these tasty muffins loaded with walnuts for a quick breakfast or snack on the go. Recipe can also be made in a loaf pan with adjusted cook time.

Makes: 24 Servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Source: [web.uri.edu/ oatmeal zucchini muffins](http://web.uri.edu/oatmeal-zucchini-muffins)

Ingredients

- 1 cup sugar
- 3 eggs
- 2/3 cup vegetable oil
- 1 teaspoon vanilla
- 1 1/2 cups all-purpose flour
- 1 cup old fashioned oats, uncooked
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 3 cups shredded zucchini
- 1 cup chopped walnuts (optional)

Directions

1. Preheat oven to 350°F. Grease two muffin tins.
2. In a large bowl, beat together sugar, eggs, oil, and vanilla. Add flour, oats, baking powder, salt, cinnamon, and nutmeg. Mix just until dry ingredients are moist.
3. Squeeze excess liquid from shredded zucchini. Stir zucchini and walnuts, if using, into batter.
4. Spoon batter into muffin tins to make 24 muffins. Bake 15 minutes or until inserted toothpick comes out clean. Cool completely before removing from pan.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 muffin	
Nutrients	Amount
Calories:	130
Total Fat:	7 g
Saturated Fat:	1 g
Cholesterol:	20 mg
Sodium:	110 mg
Total Carbohydrates:	15 g
Dietary Fiber:	1 g
Total Sugars:	7 g
Protein	2 g

Utensils Needed

- Large Mixing Bowl
- Medium Mixing Bowl
- Electric Mixer
- Measuring Utensils
- Muffin Pan and Cups
- Spatula

SHOPPING LIST

Average total cost without oil and seasonings: \$18.76

Average cost/serving: \$0.78

Makes: 24 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Sugar



Add 1 to Cart
Flour (5 lb.)



Add 1 to Cart
Dozen Eggs



Add 3 to Cart
Zucchini (9 oz avg.)



Add 1 to Cart
Old Fashioned Oats



Add 1 to Cart
Walnuts



Add 1 to Cart
Vanilla Extract

My Cooking Notes



Add 1 to Cart
Baking Powder

SAVE TIME, SAVE MONEY

- These muffins can be frozen, so try doubling the batch and freezing half for back-up snacks anytime!