

ZUCCHINI MUFFINS

We use this recipe for our monthly birthday cake for our kids and seniors during the summer. Instead of dropping the batter into a muffin tin, spread it into a pan; once baked ice it with a yogurt frosting. Substitute carrots in the fall and winter to make this a seasonal recipe.

SERVES 48 ADULTS

INGREDIENTS

5 eggs
3 cups brown sugar
1 ½ cups oil
1 cup milk
2 tablespoons vanilla
6 cups zucchini, grated
5 cups whole wheat or all-purpose flour
1 ½ tablespoons cinnamon
1 teaspoon allspice
1 teaspoon cardamom
1 teaspoon ground ginger
1 teaspoon salt
2 teaspoons baking soda
1 teaspoon baking powder

DIRECTIONS

1. Preheat oven to 350°F.
2. Beat eggs until foamy. Add sugar, oil, milk, vanilla, and grated zucchini.
3. In a separate bowl combine flour, cinnamon, allspice, cardamom, ginger, salt, baking soda, and baking powder.
4. Pour wet ingredients over dry ingredients and mix just to combine. Do not over mix.
5. Put baking muffin cups into muffin tins and spray with vegetable oil spray. Fill muffin cups 2/3 each with batter.
6. Bake for 25 to 30 minutes or until done.