

Zucchini Muffins

Joy Barnes

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1½ cups Almond Milk

¾ cups Applesauce

2 TBS Yeast

1 cup Honey

2 TBS Gluten Flour

✓ Let set for 15-20 minutes

1 cup Chopped Almonds

4 cups Shredded Zucchini (one very large zucchini)

2 tsp salt

¾ cup melted Coconut Oil

1 TBS fresh lemon juice

1 tsp Cardamon

1 tsp Coriander

1½ cups Carob Chips

6 cups Flour

✓ Mix together

Fill muffin pans ¼ cup of mixture and let rise 45 minutes

Bake at 375 for 30 minutes

Yields 38 muffins