

Zucchini Chocolate Muffins

3/4 cup oat flour
1/2 cup spelt flour
1/4 cup unsweetened cocoa powder
3/4 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. sea salt
1/4 cup maple syrup
1 egg
1/4 cup unsweetened applesauce
2 1/2 Tbs. canola oil
1 tsp. vanilla
1 cup grated packed zucchini
1/4 cup soy based, dairy free, sweetened with cane juice
chocolate chips (they taste like regular chocolate chips)

Preheat oven to 350 F. Line a muffin tin with 12 unbleached paper cups. In a large bowl combine flours, cocoa, baking powder, soda, cinnamon and salt. In another bowl whisk together maple syrup, egg, applesauce, oil and vanilla. Stir in the zucchini. Add the egg mixture to the flour mixture and stir well. Stir in the chocolate chips. Pour evenly into 12 muffin cups and bake for 20 minutes or until done in the centre. Cool for 5 minutes in muffin tin, then remove onto wire rack. Freezes well.