Breakfast

Chocolate Zucchini Black Bean Muffins

Tender chocolate muffins blended with black beans and grated zucchini, warmly spiced with cinnamon and nutmeg.

45 min	110	23 g	1 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 12 servings

- [ ] 1 nonstick cooking spray
- [ ] 1, 15-ounce can reduced sodium black beans (drained and rinsed)
- [ ] 1/4 cup water
- [ ] 2 cup zucchini (grated, (about 1 1/2 medium zucchini))
- [ ] 2 cup baking mix (gluten-free, (such as Pamela's))
- [ ] 1/2 tsp kosher salt
- [ ] 2 tsp ground cinnamon
- [ ] 1/4 tsp ground nutmeg
- [ ] 1/2 cup unsweetened cocoa powder
- [ ] 1 large eggs
- [ ] 2 large egg whites
- [ ] 1/4 cup sugar free baking substitute
- [ ] 1/4 cup sugar-free maple-type syrup
- [ ] 1/4 cup plain nonfat Greek yogurt
- [ ] 3 tbsp canola oil
- [ ] 1 tsp vanilla extract

Nutrition Facts

Per serving

Calories	**110**
Total fat	3 g
Saturated fat	0 g
Sodium	210 mg
Total carbs	23 g
Fiber	2 g
Total sugars	1 g
Protein	3 g

Method

- [ ] **1** Heat the oven to 350 degrees. Line muffin tins with papers and mist them with nonstick cooking spray.
- [ ] **2** Blend the reduced sodium black beans, drained and rinsed, with the water in a food processor for 2 to 3 minutes, until smooth like pumpkin. Set aside.
- [ ] **3** Press the grated zucchini with a paper towel to squeeze out excess moisture, then set aside.
- [ ] **4** In a large bowl, stir together the gluten-free baking mix, Kosher Salt, ground cinnamon, ground nutmeg, and unsweetened cocoa powder.
- [ ] **5** In a second bowl, whisk the eggs, egg whites, sugar free baking substitute, sugar-free maple-type syrup, canola oil, vanilla extract, and Plain Nonfat Greek yogurt. Add the black bean mixture and mix well.
- [ ] **6** Make a well in the dry ingredients, pour in the wet ingredients, and mix well.
- [ ] **7** Gently fold the zucchini into the batter.
- [ ] **8** Spoon the batter into 18 muffin cups.
- [ ] **9** Bake for 22 to 25 minutes, until a toothpick inserted in the center comes out clean.
- [ ] **10** Let the muffins cool in the pan for 10 minutes, then transfer them to a wire rack to cool completely.

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