

Moist & Healthy Zucchini Oatmeal Muffins for Breakfast or Snack

with a side of fruit or yogurt



OVEN
350°F

TIME
25 min

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INGREDIENTS

1 cup shredded zucchini (squeeze out excess moisture with a clean towel)
1/2 cup brown sugar
1/2 cup granulated sugar
1/3 cup vegetable oil
2 large eggs
1 tsp vanilla extract
1 cup all-purpose flour
1/2 cup oats (quick or old-fashioned)
1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 tsp ground cinnamon

DIRECTIONS

- 1.** Step 1: Prep the Oven and Pan: Preheat oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners or lightly grease them.
- 2.** Step 2: Mix Wet Ingredients: In a medium bowl, combine shredded zucchini, brown sugar, granulated sugar, vegetable oil, eggs, and vanilla. Mix until smooth and glossy.
- 3.** Step 3: Add Dry Ingredients: In a separate bowl, whisk together the flour, oats, baking powder, baking soda, salt, and cinnamon.
- 4.** Step 4: Combine: Pour the dry ingredients into the wet mixture and stir until just combined. Don't overmix-just fold gently until there are no streaks of flour.
- 5.** Step 5: Fill and Bake: Spoon the batter evenly into your muffin cups, filling each about 2/3 full. Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.
- 6.** Step 6: Cool and Enjoy: Let muffins cool in the tin for 10 minutes, then transfer to a wire rack. Enjoy warm or at room temperature.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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