

Mini Martian Muffins

Makes 56 servings
Serving Size: 2 mini muffins

Ingredients

2 eggs
¾ cup brown sugar
½ cup apple sauce
½ cup orange juice
1 teaspoon vanilla extract
2 cups all-purpose flour
2 teaspoons of ground cinnamon
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon nutmeg
½ cup unsweetened cocoa powder
2 medium zucchini, grated

Choose 2 of the following.

Blend together to make a frosting.

Powdered sugar
Peanut butter
Low-fat yogurt

Directions

Preheat oven to 350 degrees Fahrenheit.
In a large bowl, beat eggs, brown sugar, applesauce, orange juice and vanilla extract.
Combine the dry ingredients in a separate bowl. Gradually add to egg mixture and mix well.
Stir in grated zucchini.
Fill muffin pans ⅔ full. Bake for 20-25 minutes.
Remove muffins from pan and allow to cool.
Spread mixed frosting of your choice on top of cooled muffins.

**Add berries or nuts for additional toppings.*

***Show your child how to use an ice cream scoop or measuring cup to fill muffin pans without making a mess. Talk about how dough rises when it cooks, so you only need to fill each cup ⅔ full.*

Nutrition Information Per Serving

75 Calories, Total Fat 0.5g, Saturated Fat 0g, Protein 2g, Total Carbohydrate 15g, Dietary Fiber 1g, Sodium 170mg, Good source of vitamin C.



To Lean More,
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