

## **Banana Zucchini Muffins**

1 cup whole wheat flour  
1 cup white flour  
2 teaspoons cinnamon  
1 teaspoon baking soda  
1/4 teaspoon baking powder  
1/4 teaspoon salt  
2/3 cup agave nectar or honey  
3/4 cup brown sugar  
1/4 cup melted butter  
1/2 cup unsweetened applesauce  
3 eggs  
1/2 teaspoon vanilla  
1 1/4 cup grated zucchini  
1 medium very ripe banana, mashed

OPTIONAL: 1 cup semi sweet or dark chocolate chips

1. Preheat oven to 375 degrees and line the muffin tins with paper liners. In a medium mixing bowl, whisk together the first six ingredients. In a large mixing bowl, combine all the remaining ingredients together until well combined. Add the dry ingredients to the wet ingredients and fold to combine. Do not over mix!
2. Fill the muffin liners so they are filled not quite to the top of the liner. Bake for 20-25 minutes until the center of the muffins spring back when lightly touched. To freeze, wait until they cool completely then individually wrap each muffin in plastic wrap tightly.

Optional: Heat chocolate chips in microwave for 10 seconds intervals checking after each time and stirring until melted or you can put chocolate chips in a small pan on stove top heat on low and stir frequently till melted. Take spoon and drizzle melted chocolate over cupcakes.

Yield: 18 muffins

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