



Carrot-Zucchini Chocolate Muffins

Prep: 15 minutes plus cooling

Bake: 20 minutes Serves: 12

PICS Nonstick cooking spray

- 1 cup PICS whole wheat flour
- ½ cup pure cane sugar
- ⅓ cup PICS unsweetened cocoa powder
- 1 teaspoon PICS baking powder
- ½ teaspoon PICS baking soda
- ½ teaspoon PICS ground cinnamon
- ¼ teaspoon PICS salt
- 2 large PICS brown eggs
- ½ cup PICS unsweetened applesauce
- 2 tablespoons PICS vegetable oil
- ½ medium zucchini, shredded and squeezed dry (about ½ cup)
- ½ cup dark chocolate chips
- ½ cup loosely packed shredded carrots

1. Preheat oven to 350°; spray 12-cup standard muffin pan with cooking spray.

2. In medium bowl, whisk flour, sugar, cocoa powder, baking powder, baking soda, cinnamon and salt. In large bowl, whisk eggs, applesauce and oil; stir in flour mixture until just combined. Fold in zucchini, chocolate chips and carrots; divide batter into prepared pan.

3. Bake muffins 20 minutes or until toothpick inserted in center of muffins comes out clean; cool 10 minutes then transfer to wire rack to cool completely.

*Approximate nutritional values per serving (1 muffin):
158 Calories, 8g Fat (3g Saturated), 31mg Cholesterol,
154mg Sodium, 24g Carbohydrates, 4g Fiber, 4g Protein*