

## Wholesome Snack Muffins (Vegan, Nut-Free, Soy-Free)

For a preview of What Else is to Eat?, Linda Coss shared this wonderful muffin recipe for a wholesome start to any day, or to fit snugly into the lunchbox of a loved one ... "Inspired by a giant zucchini that grew in my garden, these relatively healthy treats resemble a cross between zucchini bread, carrot cake, and bran muffins."

Preparation time: 15 minutes; Cooking time: 35 minutes

### Ingredients:

- 3/4 pound zucchini
- 1/4 pound carrots
- 2 cups whole wheat flour
- 1 cup unprocessed wheat bran
- 1 cup orange juice
- 1/2 cup pure cane sugar
- 1/2 cup firmly packed pure cane dark brown sugar
- 3 tablespoons canola or vegetable oil, 3 tablespoons water, and 2 teaspoons baking powder, mixed together
- 3 tablespoons canola or vegetable oil (in addition to oil listed above)
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice

### Preparation:

Preheat oven to 375 degrees F. Line 16 regular muffin cups with paper muffin liners.

Trim ends off zucchini. Using a food processor that has been fitted with the grating disk, grate zucchini. Measure grated zucchini to ensure that you have 2 cups; set aside. Grate and then measure carrots; you should have 1 cup. Replace grating disk with metal blade and place the grated vegetables back into the bowl of the food processor; process until vegetables are very finely chopped (yes, I am asking you to chop the vegetables that you just grated &ndash; the consistency comes out better this way).

Place all ingredients (including prepared zucchini and carrots) in a large mixing bowl; mix well.

Spoon batter into prepared muffin cups, filling each one until it is full. Bake for about 35 minutes, until a toothpick inserted into the center of a muffin comes out clean. Cool 10 to 15 minutes before serving.

Makes 16 muffins.

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