

Zucchini Bread Recipes

Air Fryer Zucchini Muffins Recipe

10 min Prep time	**14 min** Cook time	**24 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 1 ½ cups whole wheat flour
- [ ] 1 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ½ tsp salt
- [ ] 1 ½ tsp ground cinnamon

Wet Ingredients

- [ ] 2 large eggs, room temperature
- [ ] ½ cup plain Greek yogurt, room temperature
- [ ] 1/3 cup maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 ½ cups grated zucchini, squeezed very dry
- [ ] 2 tbsp melted coconut oil, slightly cooled

Instructions

1. Preheat your air fryer to 330°F (165°C). This is important for a good rise. While it heats, whisk together the whole wheat flour, baking powder, baking soda, salt, and cinnamon in a medium bowl. Set it aside.
2. In a larger bowl, whisk the eggs lightly. Then, add the Greek yogurt, maple syrup, and vanilla. Whisk until it's all smooth and combined. Honestly, just until you don't see streaks of yogurt anymore.
3. Now, fold in the grated, squeezed-dry zucchini and the melted coconut oil. Stir gently until the zucchini is distributed. Then, pour the dry ingredients into the wet ingredients. Use a spatula to fold them together. Dang, don't overmix! Stop when just combined; a few flour streaks are okay.
4. Line your air fryer muffin basket with silicone or parchment liners. Spoon the batter into the liners, filling each about 2/3 full. This gives them space to puff up nicely.
5. Carefully place the muffin pan into the preheated air fryer. Bake for 12 to 14 minutes. You'll know they're done when the tops are golden and a toothpick inserted into the center comes out clean.
6. Let the muffins cool in the air fryer basket for about 5 minutes before removing them. This helps them set. Then, transfer them to a wire rack to cool completely, or enjoy them warm. They're so good when the tops are still a little crisp.

Nutrition per serving

145 kcal	5 g	22 g	4.5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra flavor boost, add a pinch of nutmeg to the dry ingredients.
- If you don't have maple syrup, an equal amount of honey works perfectly.
- These muffins freeze exceptionally well. Thaw at room temperature or warm briefly in the air fryer.