

Zucchini Bread Recipes

Carrot Zucchini Muffins: Healthy & Quick Recipe

20 min Prep time	**25 min** Cook time	**45 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 1 1/2 cups all-purpose flour
- [ ] 1 teaspoon baking soda
- [ ] 1 teaspoon ground cinnamon
- [ ] 1/2 teaspoon salt
- [ ] 1/2 teaspoon ground nutmeg
- [ ] 1/4 teaspoon ground ginger

Wet Ingredients

- [ ] 1 cup packed brown sugar
- [ ] 1/2 cup vegetable oil
- [ ] 2 large eggs
- [ ] 1 teaspoon vanilla extract
- [ ] 1 cup grated zucchini, lightly squeezed
- [ ] 1 cup grated carrots

Instructions

1. First, let's create a warm and welcoming space. Preheat your oven to 350°F (175°C). Take out your muffin tin and gently line it with paper liners; it's a small, satisfying step that promises delicious things to come. Now, in a medium-sized bowl, we'll bring together the dry ingredients. Add the flour, baking soda, cinnamon, salt, nutmeg, and ginger. Give them a gentle whisk to combine everything evenly. I love this part—the simple act of mixing releases the warm, comforting scent of the spices.

2. Now for the heart of the batter. In a separate, larger bowl, combine the brown sugar and vegetable oil. Whisk them together until they're well blended. Then, crack in the eggs, one at a time, and add the vanilla extract. Keep whisking until the mixture is smooth and slightly lighter in color. This is where the foundation of that moist, rich texture is built. The scent of vanilla will start to bloom, mixing with the spices in the air. It’s just lovely.

3. Time to bring everything together. Pour the dry ingredients into the bowl with the wet ingredients. Using a spatula or wooden spoon, gently fold them together until they are just combined. Please, be careful not to overmix here! A few streaks of flour are perfectly fine. Overworking the batter can make the muffins tough, and we want them to be soft and tender. It's a gentle touch that makes all the difference in these quick bakes.

4 Finally, we add the stars of the show. Add your grated and squeezed zucchini and the grated carrots to the batter. Fold them in gently until they're evenly distributed throughout. Look at that beautiful, flecked batter! Now, divide the batter evenly among the 12 prepared muffin cups. I like to use an ice cream scoop for this to make them all uniform. Bake for 22-25 minutes, or until a wooden skewer inserted into the center of a muffin comes out clean. The tops should be golden brown and springy to the touch. Let them cool in the pan for a few minutes before transferring them to a wire rack to cool completely.

Nutrition per serving

210 kcal	3 g	28 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- For the best flavor, use freshly grated carrots and zucchini. The pre-shredded kind can be a bit dry and won't lend the same incredible moisture to the muffins. The little bit of extra effort is so, so worth it.
- Feel free to make this recipe your own! A handful of chopped walnuts for crunch, some shredded coconut for a tropical note, or even some chocolate chips would be delicious additions. Just fold them in with the zucchini and carrots.
- If you want those beautiful, bakery-style high domes on your muffins, fill the muffin cups almost to the top. This encourages them to rise up nice and tall instead of spreading out. It's a simple little design trick that makes them feel extra special.