

Zucchini Bread Recipes

Easy Morning Glory Zucchini Muffins: Healthy Breakfast 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
- [ ] 1/2 cup wheat bran
- [ ] 1 cup packed light brown sugar
- [ ] 2 teaspoons baking soda
- [ ] 2 teaspoons ground cinnamon
- [ ] 1/2 teaspoon ground ginger
- [ ] 1/2 teaspoon salt

Wet Ingredients & Add-ins

- [ ] 3 large eggs, lightly beaten
- [ ] 1/2 cup vegetable oil
- [ ] 1/4 cup unsweetened applesauce
- [ ] 1 teaspoon vanilla extract
- [ ] 1 1/2 cups shredded zucchini (about 1 medium), gently squeezed
- [ ] 1 cup shredded carrots (about 2 medium)
- [ ] 8-ounce can crushed pineapple, undrained
- [ ] 1/2 cup sweetened shredded coconut

Instructions

1. Let's begin by getting everything ready. First, find that peaceful rhythm in the kitchen. Adjust your oven rack to the middle position and preheat it to 375°F (190°C). As it warms, the kitchen will start to feel cozy. Go ahead and line a standard 12-cup muffin tin with paper liners. In a medium bowl, let's whisk together all our dry ingredients: the all-purpose flour, wheat bran, brown sugar, baking soda, cinnamon, ginger, and salt. Give it a good whisk to break up any lumps in the brown sugar and get everything beautifully combined. This step ensures our spices are evenly distributed, so every muffin is perfectly flavored.

2. Now for the heart of the batter. In a separate, larger bowl, we'll bring together the wet ingredients. Lightly beat the three eggs, then whisk in the oil, unsweetened applesauce, and pure vanilla extract until it's all one lovely, smooth mixture. This is the base that will carry all our delicious flavors. It's a simple step, but so important for creating that tender structure. I love this part, the gentle sound of the whisk against the bowl. It's so meditative.

3. Time to add all the good stuff. To your bowl of wet ingredients, gently fold in the shredded zucchini, the shredded carrots, the entire can of undrained crushed pineapple, and the shredded coconut. Stir everything together until it's just combined. Look at all those gorgeous colors and textures! Now, pour the dry ingredients from the first bowl into this wet mixture. Using a spatula, fold everything together gently, just until you no longer see streaks of flour. Remember, the key to a tender muffin is to not overmix. A slightly lumpy batter is a happy batter.

4 We're almost there! Carefully divide the batter evenly among the 12 prepared muffin cups. An ice cream scoop works wonders here, keeping things tidy and uniform. The cups will be very full, which is exactly what we want for those beautiful, high-domed tops. Slide the pan into your preheated oven and bake for 20 to 25 minutes. The aroma that fills your home will be your reward. To check for doneness, a wooden skewer or toothpick inserted into the center of a muffin should come out clean. Let them cool in the pan for 5 minutes before gently transferring them to a wire rack to cool completely. Or, you know, enjoy one while it's still deliciously warm.

Nutrition per serving

280 kcal	5 g	36 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- When you shred your zucchini, give it a gentle squeeze to remove some of the excess water, but don't wring it out completely. We're relying on that residual moisture to keep the muffins super soft, so a little bit of water is a good thing. Just enough to prevent the batter from becoming too watery.
- The enemy of a tender muffin is overmixing. Once you add the dry ingredients to the wet, mix with a light hand and stop as soon as the flour disappears. Overworking the batter develops the gluten in the flour, which can lead to tough, dense muffins instead of the light, fluffy texture we're aiming for.
- Feel free to make these your own! A handful of raisins, chopped walnuts, or pecans are classic additions to morning glory muffins. You could even swap the applesauce for mashed banana for a different flavor profile. Baking should be creative and fun, so don't be afraid to play around a little.