

Zucchini Bread Recipes

Healthy Zucchini Muffins: Easy Gluten-Free Recipe

15 min Prep time	**22 min** Cook time	**37 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Wet Ingredients

- [ ] 2 large eggs, at room temperature
- [ ] 1/2 cup pure maple syrup
- [ ] 1/3 cup melted coconut oil
- [ ] 1/4 cup unsweetened almond milk
- [ ] 1 tsp vanilla extract

Dry Ingredients

- [ ] 1 3/4 cups gluten-free oat flour
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp baking powder
- [ ] 1 tsp ground cinnamon
- [ ] 1/2 tsp ground nutmeg
- [ ] 1/4 tsp salt

Fold-In

- [ ] 1 1/2 cups grated zucchini, squeezed very dry

Instructions

1. First, let's get everything ready. It's like setting the stage for a quiet little play. Preheat your oven to a cozy 350°F (175°C) and place liners in a 12-cup muffin tin. Grate your zucchini onto a clean kitchen towel. Now for the satisfying part: gather the ends of the towel and twist, squeezing out as much water as you possibly can over the sink. You'll be surprised how much comes out! Set your nice, dry zucchini aside. This little moment of prep is so crucial for the final texture, I promise.

2. In a large mixing bowl, let's bring the wet ingredients together. Add the room-temperature eggs, pure maple syrup, melted (and slightly cooled) coconut oil, almond milk, and vanilla extract. Whisk them together with a gentle but steady hand. You want everything to be beautifully combined and smooth. This creates the foundation for your moist muffin crumb. I love this step; it's when the kitchen starts to smell like something sweet is on its way.

3. Now for the dry ingredients. In a separate, medium-sized bowl, stir together the oat flour, baking soda, baking powder, cinnamon, nutmeg, and salt. I use a fork to fluff it all together, making sure the spices and leaveners are evenly distributed. Pour this lovely, fragrant mixture into the bowl with your wet ingredients. Using a spatula, fold everything together very gently. Stop just when the last streaks of flour disappear. Remember, a light touch is the secret to a tender muffin, so don't be tempted to over-mix!

4 Time for our star ingredient. Add the squeezed-dry grated zucchini to the batter. Fold it in gently until it’s just evenly distributed throughout. The batter should be thick and beautifully flecked with green. Using an ice cream scoop or a large spoon, divide the batter evenly among the 12 muffin cups. They'll be quite full! Bake for 20-24 minutes, until they are golden on top and a toothpick inserted into the center comes out clean. Let them cool in the pan for a few minutes before moving them to a wire rack to cool completely. The wait is the hardest part!

Nutrition per serving

165 kcal	4 g	21 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you want to add a little extra texture, try sprinkling some rolled oats or chopped walnuts on top of the muffins before baking. It gives them a lovely, rustic finish.
- These muffins are a great base for other flavors. For a different twist, try adding some shredded carrot along with the zucchini. We have a wonderful Carrot Zucchini muffin recipe you might also enjoy for inspiration!
- The muffins get even more moist and flavorful the next day. I highly recommend making them the night before for an easy, grab-and-go breakfast that feels like a real treat.