

Zucchini Bread Recipes

Low-Calorie Gluten-Free Zucchini Muffins Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 1 ½ cups gluten-free all-purpose flour blend (with xanthan gum)
- [ ] 1 teaspoon baking soda
- [ ] 1 ½ teaspoons ground cinnamon
- [ ] ¼ teaspoon ground nutmeg
- [ ] ½ teaspoon salt

Wet Ingredients

- [ ] 2 large eggs, room temperature
- [ ] ½ cup unsweetened applesauce
- [ ] 1/3 cup pure maple syrup
- [ ] 1 teaspoon vanilla extract

To Add In

- [ ] 1 ½ cups grated zucchini, lightly squeezed (about 1 medium zucchini)
- [ ] Optional: 2 tablespoons old-fashioned oats for topping

Instructions

1. Preheat your oven to 375°F (190°C). Line a 12-cup muffin tin with paper liners or grease it well. Grate the zucchini using the large holes of a box grater. Place it in a clean towel and give it a gentle squeeze to remove some, but not all, of the excess moisture. Set it aside.
2. In a medium bowl, whisk together the gluten-free flour, baking soda, cinnamon, nutmeg, and salt. You'll smell the spices start to wake up, and that's a good sign.
3. In a larger bowl, whisk the eggs until they're a bit frothy. Then, add the applesauce, maple syrup, and vanilla extract. Whisk it all together until it's smooth and well combined.
4. Add the dry ingredients to the wet ingredients. Now, this is important: use a spatula and fold gently. Stir just until the flour disappears. A few streaks are okay. Do not overmix.
5. Fold in the grated zucchini until it's evenly distributed throughout the batter. The batter will be thick.
6. Divide the batter evenly among the 12 muffin cups, filling them almost to the top. If you're using the oats, sprinkle a few on top of each muffin.
7. Bake for 18-22 minutes, or until the tops are springy to the touch and a toothpick inserted into the center comes out with a few moist crumbs. Rotate the pan halfway through for even baking.

8 Let the muffins cool in the pan for at least 10 minutes before transferring them to a wire rack to cool completely. They're best slightly warm, but patience is a virtue here.

Nutrition per serving

95 kcal	3 g	19 g	1.5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a flavor variation, try adding a pinch of ginger or cardamom to the dry ingredients.
- If your muffins brown too quickly, tent the pan with aluminum foil for the last few minutes of baking.
- These muffins freeze beautifully. Cool completely, then store in a freezer bag for up to 3 months.