

Zucchini Bread Recipes

Zucchini Oatmeal Muffins Recipe - Healthy Breakfast Option

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 cup old-fashioned rolled oats
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp baking powder
- [ ] 1 tsp ground cinnamon
- [ ] 1/2 tsp ground nutmeg
- [ ] 1/2 tsp salt

Wet Ingredients

- [ ] 1 1/2 cups grated zucchini, squeezed of excess moisture
- [ ] 2 large eggs, at room temperature
- [ ] 1/2 cup honey
- [ ] 1/2 cup melted coconut oil or unsalted butter
- [ ] 1 tsp vanilla extract

Instructions

1. First, let's get the oven ready and prepare our canvas. Preheat your oven to a cozy 375°F (190°C). Find your favorite 12-cup muffin tin and line it with paper liners. In a large, spacious bowl, you'll want to combine all of your dry ingredients. Add the all-purpose flour, rolled oats, baking soda, baking powder, salt, cinnamon, and nutmeg. I love using a whisk for this part; it feels so much more thorough than a spoon and ensures all those lovely spices and leavening agents are perfectly distributed. This simple step is your foundation for light, fluffy muffins.

2. Now for the heart of the recipe—the zucchini and the wet ingredients. Take your grated zucchini and, using your hands or a clean tea towel, gently but firmly squeeze out as much water as you can. This is so important for the final texture. In a separate, medium-sized bowl, crack in your room-temperature eggs and give them a light whisk. Then, pour in the honey, the melted coconut oil or butter, and the vanilla extract. Whisk it all together until it's smooth and emulsified. This mixture will smell absolutely divine.

3. It's time to bring everything together. Pour your fragrant wet mixture into the bowl with the dry ingredients. Now, be gentle. Using a rubber spatula, fold the ingredients together until they are just combined. You might still see a few little pockets of flour, and that's perfectly okay. Resit the urge to mix until it's perfectly smooth! This gentle touch is the secret to a tender muffin. Finally, add your squeezed zucchini and gently fold it in until it's evenly distributed throughout the batter. Your batter should be beautifully thick and textured.

4 The final step before the oven works its magic. Using an ice cream scoop or a large spoon, divide the batter evenly among the 12 prepared muffin cups. They should be about three-quarters full. If you'd like, you can sprinkle a few extra oats on top of each muffin for a lovely, rustic look. Place the tin on the center rack of your preheated oven and bake for 20 to 25 minutes. The muffins are done when they are golden brown and a toothpick inserted into the center comes out clean. Allow them to cool in the tin for about 5 minutes before moving them to a wire rack to cool completely. The wait is the hardest part, I promise!

Nutrition per serving

195 kcal	4 g	26 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Feel free to add up to 1/2 cup of extras like chopped walnuts, pecans, or raisins. Gently fold them in with the zucchini for a little extra texture and flavor. This is a great way to make these lovely homemade zucchini muffins your own.
- The type of oil you use can subtly change the flavor. Melted butter will give a richer, more classic bakery taste, while coconut oil lends a very faint, lovely sweetness and keeps the muffins incredibly moist. Both are wonderful options.
- Don't have nutmeg? No problem. You can substitute it with a pinch of ground ginger or allspice for a slightly different, but still deliciously warm, spice profile. Baking is all about making things work with what you have.