



Grain Free Blueberry Zucchini Muffins

EASY · 30 MINS

Need a grain free, gluten free, dairy free veggie-packed muffin for lunchboxes and snacks? We've created it for you! Brimming with nourishment and just the right amount of sweetness, this recipe is a hard-working superfood boost.



SKILL LEVEL
Easy

PREP TIME
10 mins

COOKING TIME
20 mins

SERVINGS
12-16

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Ingredients

- 150g (1 ½ cups) almond meal
- 80g desiccated coconut
- 2 tsp baking powder
- ½ tsp bicarb soda
- 1 tsp cinnamon, ground
- 2 zucchinis (approx. 160g each) shredded, squeezed of excess moisture with a paper towel
- 180g (½ cup) [Capilano Pure Honey](#)
- 2 tsp vanilla extract
- 2 tbsps olive oil
- 1 small ripe banana, mashed (approx. 100g, peeled)
- 2 eggs
- ½ cup fresh or frozen blueberries
- ¼ cup shredded coconut, to serve

Method

1. Preheat oven to 180°C. Line two 12-cup muffin trays with cases and set aside.
2. In a large bowl combine zucchini, mashed banana, eggs, oil, honey and vanilla extract. Mix well.
3. Sift over almond meal, baking powder, bicarb soda and cinnamon and coconut. Gently fold until just combined.
4. Use a ¼ cup measure to transfer mixture into prepared cases. Evenly distribute blueberries and coconut over tops of muffins and gently fold to partially submerge in muffin. Do not mix into muffin batter as the mixture will turn grey and the blueberries will sink to the bottom.
5. Bake for 20 minutes until an inserted skewer comes out clean. Store in an airtight container in the fridge for up to 3 days or freeze for up to 3 months.

Used in this recipe



PURE HONEY

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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