

## Chocolate Zucchini Muffins

*Makes 12 servings*

### Ingredients:

8 oz zucchini shredded  
1 medium avocado  
2 tablespoons coconut oil  
1 large egg  
1 cup sugar  
2 tablespoons almond milk  
1 teaspoon vanilla extract  
1 and 1/4 cup flour  
½ cup unsweetened cocoa  
1 teaspoon baking soda  
½ teaspoon cinnamon  
½ teaspoon kosher salt  
½ cup semisweet mini chocolate chips

### Instructions:

Pre-heat oven 375 degrees.

#### Step 1

Spray muffin pans with nonstick spray.

#### Step 2

Squeeze out excess liquid from the shredded zucchini.

#### Step 3

In a food processor put the zucchini, avocado, egg, coconut milk, sugar and vanilla extract and blend it well. Pour into a separate bowl and set aside.

#### Step 4

In a second bowl add flour, cocoa powder, cinnamon and kosher salt.

#### Step 5

Slowly add dry ingredients to the wet ingredients until the dry ingredients have been absorbed.

#### Step 6

Add the mini chocolate chips to batter.

#### Step 7

Fill muffin pans ¾ of the way up.

#### Step. 8

Bake 15-18 minutes.

**Nutritional information per serving:** calories 196, carbohydrates 33 g; total fat 6 g; protein 4 grams; sodium 198 mg