

Mighty Muffins



INGREDIENTS

1 cup shredded carrots
(strained)
1 1/2 cups shredded zucchini
(strained)
1/2 shredded apple
1 mashed banana (optional.
Note: if you don't add I suggest
adding 1/2 cup sugar))
4 tbsp softened butter
4 eggs

3 cups whole wheat flour
1 tsp baking powder
1 tsp baking soda (Natron)
2 tsp vanilla extract
1 cup chocolate chips
(optional)
1/2 cup fresh blueberries
(optional)

INSTRUCTIONS

Mix dry ingredients together.
Mix in wet ingredients together.

Bake in greased muffin tins for
25-30min at 180C (350F).

