

ZUCCHININ MUFFINS

Ingredients:

2 cups almond flour

6 eggs

2- 3 medium zucchini (about 2 cups shredded)

½ teaspoon Himalayan salt

4 tablespoons butter/coconut oil/lard to grease muffin pan

Method

Puree all ingredients with blender or shred zucchini with grater and mix all ingredients with a fork

Pour batter into well-greased muffin tin or small bread loaf pan.

Bake at 180 degrees C for 20 – 30 minutes or until inserted knife comes out clean

Try adding a chunk of butter or coconut oil in each muffin cup, place in oven, and allow to preheat and melt. Once melted, pour/spoon in the batter, the fat will move up the sides of the muffin cup as the batter is spooned in.