

Myochi's Blueberry Zucchini Muffins

Heat oven to 350°. Grease 12 muffin cups or line with paper liners.

1½ cups whole-wheat pastry flour – or any flour of your choice
½ cup honey or maple syrup, or a mixture of both
1 ¼ tsp baking soda
1 tsp cinnamon
½ teaspoon salt
½ cup olive oil
¼ cup milk – I like to use almond or soy milk
1 egg
1 ½ tsp vanilla extract
1 cup shredded zucchini
1 cup fresh blueberries
½ - 1 cup chopped nuts – your choice, walnuts, pecans, whatever is your favorite

Combine dry ingredients – flour, baking soda, cinnamon, and salt – together in a bowl.

Whisk olive oil, honey, milk, egg, and vanilla extract in a separate bowl until smooth; stir into flour mixture until batter is just moistened.

Fold zucchini, blueberries, and nuts into batter. Fill prepared muffin cups 2/3 full with batter.

Bake in preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes.