



## Carrot Zucchini Mini Muffins



*Yield: 24-36 mini muffins (depending on muffin tin size) OR 12 full-size muffins*

### Ingredients

- 1 cup whole wheat or white flour (or 1/2 cup of each)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 1 cup finely grated zucchini (1 medium zucchini)
- 1/2 cup finely grated carrot (1 medium carrot)
- 1 large egg
- 3 tablespoons unsalted butter
- 1/2 cup honey (or maple syrup)
- 1 teaspoon vanilla extract
- Optional: 1/2 cup dried fruit like raisins, chopped nuts or seeds, or mini chocolate chips



### Directions

1. Preheat oven to 350°F, and make sure the rack is in the center of the oven.
2. Coat a mini muffin pan with cooking spray or use a paper towel to wipe vegetable or canola oil in each muffin. No oil is needed if you are using silicone muffin cups!
3. Melt butter in a microwave-safe bowl for 30-45 seconds and set aside to cool.
4. **Measure** and combine the flour, cinnamon, salt, and baking soda in a mixing bowl. Whisk together with a fork.
5. Carefully **grate** the zucchini and carrot, and chop into smaller pieces with a chefs knife, if needed.
6. Crack the egg into a separate bowl to make sure you don't get any egg shell in your batter. Beat the egg with a fork.
7. In a large mixing bowl, stir together the beaten egg, melted butter, honey, and vanilla extract. Add the flour mixture to the large bowl gradually, mixing together until barely combined.
8. Add zucchini, carrots, and any optional mix-ins, and **fold** them in to distribute them evenly.
9. Use a tablespoon to scoop the batter into the prepared mini muffin pan or silicone muffin cups up to two-thirds full.
10. Bake for 12-15 minutes. Check on the muffins by **inserting a toothpick** into the center of a few muffins. If the toothpick comes out clean, the muffins are done! Give them 2-4 more minutes if gooey batter comes out on the toothpick. Full-size muffins might need a few extra minutes!
11. Remove the muffins from the oven, and let them cool on the pan for 5 minutes before moving them to a cooling rack to cool completely.

*\*Enjoy your muffins with foods from other MyPlate food groups for a balanced breakfast or snack!\**

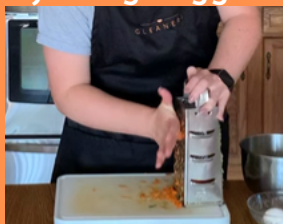
## Cooking Skill Spotlight

### Measuring Flour



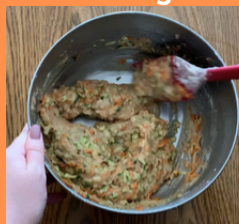
Use a butter knife to slice through the flour with the curved edge, then scrape the extra off with the flat edge to level the top.

### Grating Veggies



When you get close to the end, flatten your hand and press against the grater with your palm, so your fingers don't get caught or cut.

### Folding to Mix Ingredients



Use a flat, rubber spatula to take batter from the bottom of the bowl and "fold it" over the top to mix ingredients evenly, yet gently.

### Checking Doneness



Use a toothpick and stick it into multiple muffins around the pan. If it comes out with batter on it, keep it in the oven for a few more minutes. If it comes out clean, it's done!

# How to Care for Your Garden

Make sure you plant your veggies where they can get the **right amount of sunlight!** Some like a lot of sun, and some like less!



**Water your garden** when the sun starts to go down so your plants don't get sunburned or dried out!

**Pull weeds** around your veggie plants so they don't drink up the water or take all of the nutrients in the soil. Do this after watering so that the soil is softer and the weeds are easier to pull!



**Harvest** your veggies when they are the correct size, shape, or color! For example, harvest your tomatoes when they are bright red, and harvest zucchini that is 6-8 inches long!



## Protein Foods Word Scramble



HCKNCIE

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SELTNIL

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MAH

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ALKBC BSAEN

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EGSG

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UTSN

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AEGMRURBH

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TFUO

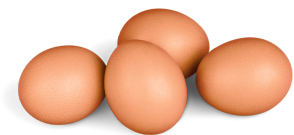
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MIPSHR

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AAEMMDE

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