

Zucchini Lemon Muffins

Source: Cooking Light

INGREDIENTS:

2 C all-purpose flour
1/2 C sugar
1 TBS baking powder
2 tsp grated lemon rind
1/4 tsp salt
1/4 tsp ground nutmeg
1 C coarsely shredded zucchini
3/4 C skim milk
3 tsp vegetable oil
1 large egg
Cooking spray

DIRECTIONS:

Preheat oven to 400° F

Combine the first 6 ingredients in bowl - make a well in center of mixture. Combine zucchini, milk, oil + egg - stir well. Add to flour mixture, stirring just till dry ingredients are moistened.

Divide batter evenly among 12 muffin cups coated with cooking spray. Bake 20 minutes or till golden. Remove from pans immediately and let cool on wire rack.

Yields: 1 dozen (serving size: 1 muffin)

Nutrition Facts: Calories: 147; Fat: 4g; Carbohydrates: 24g; Cholesterol: 18mg; Sodium: 62mg; Protein: 3g; Fiber: 1g; % Cal. from Fat: 24%; % Cal. from Carbs: 65%