



# Berry Veggy Almond Butter Muffins

## INGREDIENTS

1 cup zucchini OR carrot; finely grated	1 teaspoon cinnamon
½ cup almond butter; salted and creamy	¼ teaspoon nutmeg
½ cup maple syrup	½ teaspoon baking soda
3 eggs	1 teaspoon apple cider vinegar
1 teaspoon vanilla extract	1¼ cup fresh blueberries; divided

## DIRECTIONS

Preheat your oven to 350°F and line a 12-hole muffin tin. Take the grated zucchini or carrots and place it in the middle of a clean dish towel or large paper towel. Wrap the vegetables in the towel and squeeze out most of the moisture. Set aside. In a medium bowl, beat eggs. Combine the eggs with the almond butter, maple syrup, vanilla, and vinegar. In a separate bowl, combine dry ingredients, cinnamon, nutmeg and baking soda. Add dry ingredients to bowl with wet ingredients until well blended and the batter is smooth. Add ¾ cup of blueberries and the grated zucchini or carrot. Fold in until everything is well incorporated. Portion out the batter between the 12 prepared muffin holes. Top the muffins with the remaining ½ cup of blueberries. Bake for 15-20 minutes or until the toothpick inserted into the middle of a muffin comes out clean. Makes 12 muffins; 125 calories each.