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| |  | | --- | | **Zucchini Nut Quinoa Muffins**  *Prep time: 10 Minutes - Cook time: 35-40 Minutes - Total time: 45 Minutes* *Yield: 12 Regular Size Muffins*  **Ingredients:**   * 3 Cups Cooked Quinoa * 1 Cup Egg Whites * 2 Cups Shredded Zucchini * 2 1/2 Tsp Cinnamon * 1/2 Tsp Nutmeg * 1/2 Cup Chopped Walnuts or Pecans (Optional) * 1 1/2 Tsp Vanilla Extract * Dash of Salt * 1 Tsp Baking Soda * 6 Stevia Packets * 2 Tbsp Honey   **Directions:**   1. Pre-heat oven to 350 F. 2. Place all ingredients in a bowl and stir until completely mixed. 3. Line a regular muffin tin with paper liners (These muffins can be fragile when hot so using paper liners helps with this). 4. Scoop batter evenly into each paper liner. 5. Place in the oven and bake for 35-40 minutes (watch these as everyone’s oven is different). 6. Remove from oven and let cool on a cooling rack before serving (This is to let them set). 7. Serve and enjoy!   **DAMY Members -** 2 Muffins can be used for meal two or four. If you are travelling two muffins can be used for breakfast or lunch. | |  | |  | |  |