Vegetables – Foods 11-12(B)

**Lemon Zucchini Muffins**

250 mL All-purpose flour, **sifted** (sift first, then measure)

125 mL shredded, **unpeeled** zucchini (¼ medium) – use larger grater holes

50 mL granulated sugar – 75 mL if you like sweeter muffins

5-10 mL **coarsely** grated lemon rind (½ lemon – medium grater)

2½ mL baking powder

2½ mL baking soda

1 mL salt

½ egg

125 mL buttermilk

25 mL vegetable oil

25 mL lemon juice (freshly squeezed from ½ lemon + top up from bottle)

1. Place oven rack one position below centre. Preheat oven to 375ºF.
2. Grease muffin tins with shortening or line with paper liners.
3. Grate/zest the lemon rind first, before juicing the lemon half.
4. In a large bowl, stir together sifted flour, shredded zucchini, sugar, lemon rind, baking powder, baking soda and salt.
5. In a separate bowl lightly beat egg. Whisk in buttermilk, oil and lemon juice.
6. Make a well in the dry ingredients and pour in liquid all at once. Stir **JUST** enough to moisten, being careful NOT to overmix.
7. Spoon into prepared muffin pan, dividing batter equally between cups.
8. Bake in 375ºF oven for 20-25 minutes or until a toothpick inserted in the centre comes out clean. The tops should be lightly browned and firm to the touch.
9. Remove muffins from tin and cool on a wire rack.