

HARVEST ZUCCHINI MUFFINS



Ingredients & Scaling:

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Zucchini	1 1/2 cups	3 cups	6 cups	12 cups
Egg, large	1	2	4	8
Yogurt	1 cup	2 cups	4 cups	8 cups
Lemon juice	1 tsp	2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Enriched white flour	3/4 cup	1 1/2 cups	3 cups	6 cups
Whole-wheat flour	1/2 cup	1 cup	2 cups	4 cups
Rolled oats	1/2 cup	1 cup	2 cups	4 cups
Sugar	2 Tbsp	1/4 cup	1/2 cup	1 cup
Cinnamon	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Baking soda	1/2 tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp
Baking powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Salt	1/2 tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp
Frozen blueberries	1/2 cup	1 cup	2 cups	4 cups
Optional				
Walnuts	1/2 cup	1 cup	2 cups	4 cups
Chocolate Chips	1/2 cup	1 cup	2 cups	4 cups

Tbsp = tablespoon tsp = teaspoon 1 serving = 1 muffin

Preparation:

1. Preheat oven to 350°F. Lightly coat a muffin tin with cooking spray. Set aside.
2. Add zucchini to a blender. Use the pulse setting until zucchini is finely shredded or desired texture is reached. Using a paper towel, squeeze the shredded zucchini to remove extra water.
3. In a medium bowl, add zucchini, egg, yogurt, lemon juice & frozen blueberries. Mix well.
4. In a large bowl, add flours, oats, sugar, cinnamon, baking soda, baking powder & salt. Mix well.
5. Gradually add wet ingredients to dry ingredients. Mix until combined completely.
6. Scoop 1/2 cup of the muffin mixture into each muffin tin. Bake 25 minutes or until golden brown & a toothpick inserted in the center comes out clean.
7. Allow muffins to cool 5-10 minutes, then remove from tin.

Cook Time: 15 min

CACFP Guidelines

1 muffin provides 1/2 oz equivalent grain & 1 1/2 oz equivalent meat alternative, qualifies as whole grain-rich.

• TIP •

Pair with cheese stick & apple slices for a complete snack.

Nutrition Facts

variable servings per recipe

Serving size 1 Muffin (126g)

Amount per serving

Calories **180**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 330mg **14%**

Total Carbohydrate 35g **13%**

Dietary Fiber 4g **14%**

Total Sugars 8g

Includes 5g Added Sugars **10%**

Protein 7g

Vitamin D 1mcg **6%**

Calcium 145mg **10%**

Iron 2mg **10%**

Potassium 245mg **6%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ZUCCHINI



History

Zucchini, a type of summer squash, has been a vital food staple in Indigenous cultures for thousands of years, valued for both nourishment & practical uses. Evidence of its cultivation dates back over 10,000 years in Southern Mexico & Northern Central America, making it one of the earliest domesticated crops.

Culture

Indigenous peoples used squash in soups, breads, desserts & stuffings, showcasing its versatility. Today, some communities are preserving traditional zucchini cultivation by sharing seeds & reviving ancestral growing practices, helping sustain cultural traditions & emphasize zucchini's nutritional & agricultural importance.



Works Cited



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Recommended Kids Books:

- *The Very Hungry Caterpillar* - By Eric Carle
- *Eating the Alphabet* - By Lois Ehlert
- *Our Ancestors' Kitchen* - By Willie Poll