

Zucchini Muffins

Ingredients:

1 Oatmeal packet (either flavor)

1/4 tsp baking powder

1/3 C egg white

2 tsp Walden Farms or IP maple syrup

2 tsp olive oil

Pinch of salt

1/2 C shredded zucchini (water wrung out after shredding)

Directions:

-Mix dry ingredients together and then add liquid and zucchini

-Bake at 350 for 20 minutes in muffin tins (should make 2 good size muffins)

(Counts as one IP packet, oil serving for the day, 1/2 cup of veggies and one sweetener)