

## Low-Sugar and Flourless Zucchini Muffins with Pecans (Gluten-Free)

Carolyn T's  
Main Cookbook

Servings: 6

Author: From Kalyn's Kitchen blog, she was inspired by Zucchini Bread from The Gluten-Free Almond Flour Cookbook by Elena Amsterdam



**1 cup blanched almond flour (not the same as almond meal)**

**1/4 teaspoon salt**

**1/2 teaspoon baking soda**

**1/2 teaspoon ground cinnamon**

**1 large egg**

**1 whole egg white**

**1/3 cup sugar, or Splenda**

**1 tablespoon brown sugar (or an additional T of Splenda)**

**1 tablespoon canola oil, or grapeseed oil**

**1 tablespoon buttermilk, could probably use milk**

**3/4 cup zucchini, grated raw, loosely pack into measuring cup**

**1/2 cup chopped pecans**

**Blog: Carolyn T's Blog:**

**<http://tastingspoons.com>**

*Per Serving (excluding unknown items): 248 Calories; 14g Fat (48.5% calories from fat); 12g Protein; 22g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 220mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.*

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*Notes: The muffins don't rise much at all - so fill the muffin cups almost to the brim. They're also very moist. Not dense like fruitcake for sure, but they are almost dripping with moisture. With only a T. of oil in it, the fat comes from the ground nuts, a healthy type.*

1. Preheat oven to 350F/175C. Measure 1 cup almond flour into medium-sized bowl. (If flour has been stored in freezer, let it come to room temperature for 10-15 minutes.) Add salt, baking soda, and cinnamon to flour and use a fork to combine and press out any lumps.

2. Put 1 egg and 1 egg white into small bowl. Add Splenda and brown sugar and use a hand mixer to beat until the mixture has tripled in size, about 2-3 minutes. (You shouldn't beat it until the eggs begin to form peaks like meringue.) Gently stir in canola oil and buttermilk.

3. Wash zucchini and grate with large side of a hand grater. Squeeze water out of zucchini and pat dry between a few sheets of paper towels if it seem wet, then loosely measure out 3/4 cup of grated zucchini. (Zucchini doesn't have to be completely dry but shouldn't be dripping water.) Measure 1/2 cup pecans, then chop coarsely with chef's knife.

4. Stir the egg mixture into the dry ingredients, only stirring enough to barely combine, then gently fold in the zucchini and pecans. Spray 6 muffin cups (or muffin tin) with non-stick spray or oil, then divide mixture evenly into cups.

5. Bake muffins about 45 minutes, or until top is browned and toothpick inserted into the center comes out clean. (It does take this long.)