

Easy Vegan Zucchini Muffins.

[Kelly Roenicke](#)

You will love these classic zucchini muffins made without eggs and dairy. These light and fluffy muffins are perfect for a quick breakfast or snack.

★★★★★ 5 from 6 votes



PREP TIME

15 mins

COOK TIME

20 mins

TOTAL TIME

35 mins



COURSE

Breakfast

CUISINE

Dairy Free, vegan.

SERVINGS

18



CALORIES

141 kcal

INGREDIENTS

- 2 ¼ cups [white spelt flour](#) you can use all purpose flour, spelt is what works for our family
- ½ cup [brown sugar](#) lightly packed
- ½ cup [granulated sugar](#)
- 1 teaspoons baking soda
- 1 teaspoon [baking powder](#)
- ½ teaspoon [salt](#)
- 1 teaspoon ground cinnamon
- ¼ teaspoon [nutmeg](#)
- ¼ cup canola oil or melted vegan buttery spread, or coconut oil
- 1 ½ cups shredded zucchini squeeze out the excess liquid after shredding
- ⅓ cup [unsweetened applesauce](#)
- ¾ cup [non-dairy milk](#) or water

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Line a muffin tin with [paper liners](#).
2. Whisk together all the dry ingredients in a large bowl.
3. Add the oil, shredded zucchini, applesauce, and non-dairy milk to the bowl, and mix together. Be careful not to overmix.

- Spoon the batter into the muffin pan, filling the muffin cups $\frac{3}{4}$ of the way full. Bake at 350 degrees F for about 20 minutes, until muffin tops are golden brown.
- Repeat step 4 with remaining batter. Allow the muffins to cool for at least 15 minutes before removing from the pan.

NOTES

Shred the zucchini before starting this recipe. You can also use shredded zucchini that has been frozen, just make sure to squeeze out the extra water.

Store leftover muffins in an airtight container. They should stay fresh for about 5 days.

These muffins can be frozen. Store in a freezer bag for up to three months.

Nutrition facts are for one muffin.

NUTRITION

Calories: 141kcal

Carbohydrates: 24g

Protein: 2g

Fat: 4g

Saturated Fat: 1g

Sodium: 134mg

Potassium: 75mg

Fiber: 2g

Sugar: 12g

Vitamin A: 59IU

Vitamin C: 3mg

Calcium: 31mg

Iron: 1mg



KEYWORD

easy, fluffy

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