

Whole Wheat Zucchini Muffins

Ingredients

3/4 cup whole wheat flour
1/2 cup baking Splenda
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon ground cinnamon
1 large egg, room temperature
1/4 cup canola oil
1 cup finely shredded zucchini
1/2 cup chopped walnuts



Directions

- In a bowl, combine the first 6 ingredients. Combine the egg and oil; stir into dry ingredients just until moistened. Fold in the zucchini. Add walnuts.
- Coat muffin cups with cooking spray or use paper liners; fill three-fourths full with batter. Bake at 350° for 22-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack.

Nutrition Facts

Servings: 8

Amount per serving

Calories **163**

% Daily Value*

Total Fat 12.2g **16%**

Saturated Fat 1g **5%**

Cholesterol 23mg **8%**

Sodium 123mg **5%**

Total Carbohydrate 10.4g **4%**

Dietary Fiber 1.1g **4%**

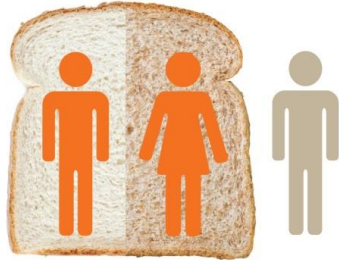
Total Sugars 0.4g

Protein 4.1g

Fast Facts

WHOLE GRAIN MOMENTUM WHOLE GRAINS ARE THE NEW NORM

2 OUT OF 3 people make at least **HALF** their grains **WHOLE**



4 OUT OF 5 of those who **NEARLY ALWAYS CHOOSE WHOLE GRAIN FOODS** have



WHICH WHOLE GRAINS TOP THE CHARTS?

WHOLE GRAIN BREAD

People eat whole grain bread **MORE OFTEN** than refined



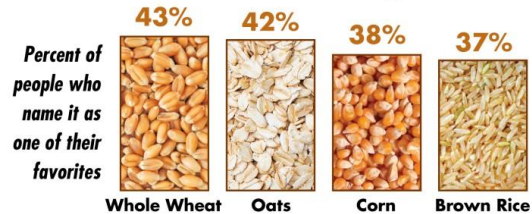
WHOLE GRAIN CEREAL

People eat whole grain cereal **MORE OFTEN** than refined



WHOLE GRAIN FAVORITES

Despite the rising popularity of “ancient grains,” like quinoa, teff and farro, the **MOST POPULAR** whole grains are

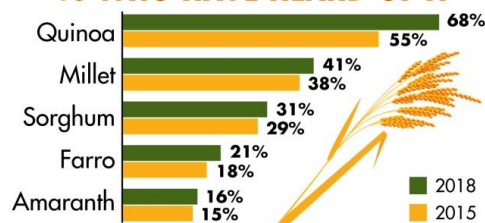


WHY ARE WHOLE GRAINS SO POPULAR?



ANCIENT GRAINS ARE ON THE RISE!

% WHO HAVE HEARD OF IT



MOST POPULAR

Most popular **ANCIENT GRAINS** among those who have tried them:



Oldways 2018 Whole Grains Consumer Insights Survey
Based on an August 2018 national survey of 1,500 adults.
© 2018 Oldways

