



# Zucchini Apricot Cranberry Muffins Recipe



## About This Recipe

Serves: 10 +

Mess Rating: 3 (out of 5)

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

## Equipment

1 Apron

1 Spoon

1 Large mixing bowl

1 Electric mixer

1 12-muffin tin

## Ingredients

1 1/2 cups unbleached all purpose flour

1/2 cup whole wheat flour

2 teaspoons baking powder

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon ground ginger

1/2 dried cranberries

1 large egg

2/3 cup brown sugar

2 tablespoon vegetable oil

1 cup orange juice

1 teaspoon vanilla extract

1 cup shredded zucchini

1/2 cup chopped apricots

## Setting Up:

### **Step 1: Set Up**

Have an adult preheat the oven to 400F. Have on hand a toothpick, one spoon, one 12-muffin tin, two large mixing bowls, and an electric mixer.

### **Step 2: Combine Ingredients**

Coat one 12-muffin tin with oil. Combine the flour, baking powder, cinnamon, nutmeg, and ginger. In a separate bowl, have an adult help you beat the egg, brown sugar, and oil with an electric mixer set on medium speed until mixture is smooth. Add the orange juice and vanilla and beat again. Gently mix in the flour and spice mixture from the other bowl (do not over-mix). Fold in the zucchini, apricots, and cranberries by hand (do not over-mix).

## Cooking Steps:

### **Step 3: Fill the Muffin Tin**

Spoon the batter into the oiled muffin cups so that each is about two-thirds full.

### **Step 4: Bake the Muffins**

Have an adult place the muffins in the preheated oven. Bake 15-20 minutes or until the muffins are lightly brown. To check for doneness, have an adult insert a toothpick into the center of the muffin. If it comes out clean, the muffins are done!

### **Step 5: Cool the Muffins**

Cool in the tin for about 10 minutes, and then remove them to a wire rack to cool completely for about 20 more minutes.

### **Step 6: Serve**

Serve with a nice cool glass of 1% milk. Enjoy!