

Almond Butter Chocolate Chip Zucchini Muffins/Bars

Makes 9-12 bars

Source: www.pinchofyum.com

Ingredients:

- 2 cups rolled oats
- 1/4 cup + 2 Tbsp olive oil
- 1/4 cup almond butter or peanut butter
- 1/4 cup real maple syrup (or use 1 ripe banana for no added sugar)
- 8 medjool dates, pitted
- 1–2 zucchini, grated and squeezed once (about 2 cups total, divided)
- 2 eggs
- 1 tsp baking soda
- Pinch of salt
- Chocolate chips (optional, for topping)

Directions:

1. Preheat the oven to 350°F. Set aside about half of the zucchini and chocolate chips to stir in later. Blend everything else together in a blender until a relatively smooth batter comes together.
2. Stir in chocolate chips and zucchini. Pour batter into a square baking dish (9×9 or similar) or into muffin tins. Bake for 30-40 minutes (17 minutes if baking muffins), until the top is golden brown and gently springs back when you press into it. For clean cuts, let it cool completely. Store in the refrigerator or freezer for breakfast, dessert, or snacks.

