



**Seasonal Eating Demo with Carol Muncer
Open Farm Day – July 13th, 2024**

Zucchini Flour Muffins

½ cup zucchini flour

⅓ cup melted butter or melted coconut oil.

4 eggs, at room temperature. Cold eggs won't mix well. If like me, you didn't remember to take eggs out of the fridge, you can place them in a bowl of warm water while you prepare your other ingredients.

2 Tbsp. honey

½ tsp. baking soda

1 tsp. apple cider vinegar

Optional: 1t cinnamon, 1/4 raisins, or any other things you like in zucchini bread.

Preheat the oven to 350 and line 10 muffin cups with liners. **Combine** all ingredients until smooth.

Divide evenly into 10 muffin papers. **Bake** 20-25 minutes, until a toothpick comes out clean.

Zucchini Flour Chocolate Cake:

1/2c Zucchini Flour

1/3c butter or coconut oil, melted

4 Eggs (room temp or warmed slightly in a bowl of warm water)

1 tsp Baking Soda

1 Tbsp Apple Cider Vinegar

1/2 Cup Raw Cacao or cocoa powder

1/4-1/2 Cup Honey - 1/4 leads to a barely sweet dark chocolate flavor. 1/2 is more traditionally sweet. If using only 1/4c add a couple tablespoons of water or your favorite type of milk.

1 Tbsp Vanilla Extract

Pinch of salt or 1/4 tsp if using unsalted butter or coconut oil

Preheat oven to 350°, **Grease** a 9”x9” pan. Holding aside the apple cider vinegar, **mix all ingredients** until smooth. **Add** apple cider vinegar and **mix** well. **Bake** for 20-25 minutes, or until a toothpick comes out clean.