

## ***Banana Zucchini Muffins***

*Yield: 25-30 muffins*      **NMB FP DH**

2 batches of Green Giant Juice pulp (page 35)

2 apples grated in food processor and squeezed through a

***More than a Nut Milk Bag***

2 cups zucchini grated in food processor and squeezed through a ***More than a Nut Milk Bag***

Place pulp, squeezed apples and squeezed zucchini in large bowl.

1 cup dates pitted and chopped small

1 cup almond pulp

4 bananas broken into small pieces

½ cup chia seeds ground in a spice grinder

½ cup flax seeds ground in a spice grinder

2½ teaspoons vanilla extract

2 teaspoons cinnamon

½ teaspoon salt

Loosely separate dates and add them to the bowl, then add the rest of these ingredients. Hand mix to incorporate all ingredients into one uniform batter.

Divide the batter into 3 or 4 equal portions. In a food processor outfitted with an 'S' blade place one portion of the batter and pulse until the batter is slightly broken down. (This helps the fresh and dried fruits, spices and flours all mix together well.) Place processed batter into another bowl. Repeat this step until all the original batter is processed.

1 cup chopped walnuts

Hand mix in chopped walnuts once all the mixture has been processed in food processor.

For **muffins**, use a non-stick mini-cheesecake pan or mini-muffin pan to shape. Place 3 Tablespoons of mixture into each mold. Gently remove each muffin from the pan. Transfer to a mesh screen lined dehydrator tray. Repeat until all the mixture is used.

Dehydrate initially on high, 125° for 2 hours, then drop the temperature to 115° for another 4-6 hours.