

Zucchini Chocolate Chip Muffins w/ Orange Cream Cheese Frosting-**Gluten Free**

Ingredients

1 cup lowfat buttermilk
2 teaspoons baking soda
5 cups powdered sugar, divided
1/2 cup canola oil
2 eggs
2 1/2 cups whole wheat pastry flour
GF option: White Rice Flour
2 cups grated zucchini
1 cup semisweet chocolate chips
6 tablespoons neufchâtel, softened
2 teaspoons zest and 1 tablespoon juice from 1 orange

Method

Preheat oven to 350°F. Line 24 muffin cups with cupcake liners; set aside. Stir together buttermilk and baking soda in a medium bowl; set aside. In a large bowl, beat 2 cups sugar and oil together with an electric mixer for 1 minute; beat in eggs one at a time; set aside. Toss flour with zucchini and stir into sugar mixture along with buttermilk mixture; fold in chocolate chips. Spoon batter evenly into muffin cups.

Bake until puffed and golden brown, and a toothpick inserted in the middle of a cupcake comes out clean, about 25 minutes; set aside to let cool completely.

To make frosting, beat together remaining sugar, neufchâtel, orange zest and juice in a large bowl with an electric mixer until fluffy, about 2 minutes. Frost the cupcakes and serve.

Nutrition

Per serving (1 each/86g-wt.): 260 calories (80 from fat), 9g total fat, 3g saturated fat, 30mg cholesterol, 150mg sodium, 42g total carbohydrate (2g dietary fiber, 31g sugar), 3g protein