



## Savory Zucchini & Olive Muffins

### INGREDIENTS

2 cups almond meal	½ tsp sea salt	¼ tsp black pepper
½ tsp baking soda	½ tsp baking powder	3 large eggs
¼ cup plain yogurt	1 ½ tsp lemon zest	½ tbs fresh lemon juice
1 ½ tsp honey	1 cup zucchini; shredded	20 kalamata olives; no pits; chopped

### DIRECTIONS

Preheat oven to 350 degrees F. Oil a 12-hole muffin tin or line it with muffin papers. In a large mixing bowl, combine the almond meal, salt, pepper, baking soda and baking powder. In a small bowl, whisk together the eggs, yogurt, lemon zest, lemon juice, and honey. Add the wet ingredients to the dry and stir well to combine. Then gently fold in the zucchini and olives until all ingredients are mixed together well. Fill each muffin cup with batter. Bake for 13 to 15 minutes, until a toothpick comes out clean. Let cool before serving. Makes 12 muffins, 150 calories each.