



Killer Vegan Zucchini Muffins - All Good, No Guilt

Watch the YouTube video! [Click to it from the recipe blog.](#)

Get ready to fall in love with these wholesome, naturally sweetened almond flour zucchini muffins! They're super easy to make — with zero artificial sweeteners, no added sugar, no processed flour, and no weird chemicals - just pure, real ingredients you can actually pronounce.

Loaded with fresh shredded zucchini, date paste, coconut yogurt, and crunchy walnuts, this vegan, dairy-free recipe bakes up moist, and totally guilt-free.

Perfect for breakfast, holiday spreads, lunch boxes, or a cozy snack with your coffee or tea. Every bite is pure, delicious goodness — no guilt required!

Ingredients

- ½ cup date paste (get the recipe link via the blog article)
- ¼ cup date syrup (see where to buy it on the recipe blog article)
- ⅓ cup plain organic coconut yogurt
- 1¼ tsp baking powder
- 1¼ tsp baking soda
- 1 tsp cinnamon
- ¼ tsp sea salt
- 3 TB ground flax seeds
- ¼ cup water
- 3½ cups almond flour
- 1½ cups shredded zucchini (not squeezed)
- 1 cup walnuts, chopped
- Cooking spray

Procedure

1. Preheat oven to 350°F.
2. Line a 12-cup muffin tin with liners and spray lightly with cooking spray.
3. Shred zucchini in a food processor (or by hand) and set aside.
4. In a large bowl, whisk together date paste, date syrup, yogurt, vanilla, baking powder, baking soda, cinnamon, and sea salt until smooth and lump-free.
5. Add almond flour and shredded zucchini to the bowl, stirring gently until combined.
6. Fold in the chopped walnuts.

7. Spoon heaping amounts of batter evenly into each muffin liner.
8. Bake on the middle rack for 24 minutes. Insert a toothpick into a muffin — if it comes out clean, they're ready! If not, bake in 2-minute increments until it does.
9. Let cool for 15 minutes before devouring.

Bon Appétit!