

# Blueberry Muffin Biscotti

*This recipe makes 24 muffins*



## Ingredients

3 eggs  
½ cup canola oil  
3 tsp vanilla  
2 cups sugar  
2 cups shredded zucchini  
1 tsp lemon zest  
3 cups flour  
1 tsp salt  
1 tsp baking powder  
¼ tsp baking soda  
1 tsp cinnamon  
2 cups fresh blueberries

## For Crumble

⅔ cup flour  
⅔ cup sugar  
½ cup butter, softened  
Dash of salt  
(OMIT Crumble if Freeze Drying)

## Directions:

1. Preheat oven to 350 °F, and prep two standard muffin tins.
2. In a mixing bowl beat together eggs, oil, vanilla, sugar, zucchini, and lemon zest.
3. Add all dry ingredients, and mix until incorporated. Then carefully fold in blueberries.
4. Scoop muffin batter into prepared tins filling each space about ¾ full.
5. IF YOU ARE NOT FREEZE DRYING ALL MUFFINS YOU CAN ADD CRUMBLE TO THE TOP. Mix all crumble toppings, by using a pastry blender, cutting, or in a food processor. Sprinkle evenly across the top of muffins.
6. Bake for 25-30 minutes.
7. Cool completely.
8. Slice muffins into 5 slices and place on trays.
9. Pre-freeze when possible.
10. Freeze dry (my cycle time was 12 hours).
11. Store in jars for short-term use or in mylar bags for long-term storage.

## Rehydration:

Not intended for rehydration. This is a freeze dried sweet treat!

## Notes:

The crumble will not freeze dry or store well so omit it if you intend to keep it long term.

## Nutritional Value Per 1 muffin (5 slices of biscotti)

Calories: 147 Protein: 2 g Fat: 1 g Carbohydrates: 30 g Sugar: 18 g Fiber: 1 g