**Healthy Courgette Oat Muffins**

* 1 1/2 cups white whole wheat flour
* 1 teaspoon baking powder
* 1 teaspoon baking soda
* 1 teaspoon ground cinnamon
* 1/2 teaspoon salt
* 1 egg
* 1/2 cup maple syrup or honey
* 1/3 cup milk (nut or dairy)
* 1/3 cup melted coconut oil
* 1 teaspoon vanilla extract
* 1 1/2 cups grated fresh courgette
* 1/2 cups old-fashioned oats (uncooked), plus extra for sprinkling

Preheat the oven to 350 degrees and grease a 12-cup muffin tin well.

In a large bowl add the flour, baking powder and soda, cinnamon, and salt. Use a whisk to combine well.

Make a well in the centre of the dry mixture an add the egg, syrup or honey, milk, coconut oil, and vanilla. Stir until the mixture just comes together (don't over mix). Add the courgette and oats and stir to combine.

Divide the mixture evenly between the 12 muffin cups. Sprinkle a few additional oats on eat muffin if desired. Bake for 16-20 minutes until a toothpick inserted into the centre comes out clean. Remove from the oven and let the muffins cool on a wire rack for 5 minutes. Remove from the muffin pan and serve warm, at room temperature.