

Low FODMAP Lemon Poppy Seed Zucchini Muffins

Moist, tender muffins bursting with bright lemon flavor and hidden vegetables—perfect for breakfast on the go or an afternoon snack that's gentle on your gut.

Prep: 15 min

Cook: 25 min

Total: 40 min

Servings: 9

Low FODMAP ✓

Ingredients

Use a blend with xanthan gum included, or add 1 teaspoon xanthan gum separately

Gluten-free all-purpose flour blend

Granulated sugar

Baking powder

Baking soda

Salt

Low FODMAP and adds delightful texture Poppy seeds

At room temperature Large eggs

FODMAPs don't transfer to oil; can substitute plain vegetable oil Garlic-infused oil

Can substitute with canned coconut milk or almond milk (limit serving if using almond)

Lactose-free milk

From about 2 large lemons Fresh lemon zest

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From about 1.5 lemons Fresh lemon juice

About 200g before grating; yields approximately 150g after squeezing (about 65g per muffin, which is Low FODMAP) Medium zucchini

Instructions

Step 1: Prepare the Pan and Dry Ingredients

(5 min)

Preheat your oven to 350°F (175°C) and line a 9-cup muffin tin with paper liners or grease well with cooking spray. In a large mixing bowl, whisk together the gluten-free flour blend, baking powder, baking soda, salt, and poppy seeds until evenly combined. Set this aside while you prepare the wet ingredients.

Step 2: Mix the Wet Ingredients

(3 min)

In a separate medium bowl, beat the eggs and sugar together with a whisk or electric mixer until the mixture becomes pale and slightly fluffy, about 2 minutes. Add the garlic-infused oil, lactose-free milk, lemon zest, and lemon juice, whisking until everything is smoothly combined and the mixture looks cohesive.

Step 3: Prepare the Zucchini

(4 min)

Grate the zucchini using the large holes of a box grater. Place the grated zucchini in a clean kitchen towel or several layers of paper towels and squeeze firmly to remove as much excess moisture as possible—this step is crucial to prevent soggy muffins. You should have about 150g (1½ cups) of squeezed zucchini.

Step 4: Combine Wet and Dry

(3 min)

Pour the wet ingredient mixture into the bowl with the dry ingredients. Using a rubber spatula or wooden spoon, gently fold everything together until just combined—you should still see a few small streaks of flour. Avoid overmixing, as this can make the muffins tough. Gently fold in the prepared zucchini until evenly distributed throughout the batter.

Step 5: Fill and Bake

(25 min)

Divide the batter evenly among the 9 muffin cups, filling each about three-quarters full. The batter should be thick but pourable. Bake in the preheated oven for 22-26 minutes, or until the tops are golden brown and spring back when lightly touched, and a toothpick inserted into the center comes out clean or with just a few moist crumbs.

Step 6: Cool and Serve

(10 min)

Remove the muffin tin from the oven and let the muffins cool in the pan for 5 minutes. Then transfer them to a wire rack to cool completely. These muffins are delicious served warm or at room temperature. Store in an airtight container at room temperature for up to 3 days, or freeze individually wrapped for up to 3 months.