

Chocolate Muffins

Servings: 24 mini muffins (2 muffins = 1 serving)

RECIPE BOX

INGREDIENTS

1/2 CUP WHOLE WHEAT FLOUR
1/2 CUP COCONUT FLOUR
1/2 CUP SUGAR
1/2 TSP BAKING SODA
1/4 CUP UNSWEETENED COCOA POWDER
1/2 CUP UNSWEETENED APPLESAUCE
1 EGG
1/2 CUP PLAIN GREEK YOGURT
1 TSP VANILLA
2 HANDFULS MILK CHOCOLATE CHIPS
(OR SEMI-SWEET)



DIRECTIONS:

STEP 1: Mix dry ingredients and wet ingredients separately.

STEP 2: Fold dry ingredients into wet ingredients.

STEP 3: Bake at 350 degrees for 10 minutes.

Makes 24 mini chocolate muffins!

GF Switch out the flour and replace with 15 oz. pureed black beans. Add one extra egg as well.

V This recipe is vegetarian as written.

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& nutrition

Nutrition per Serving: Calories 110, Total Fat 3g, Carbs 20g, Protein 3g, Fiber 3g, Sugars 12g.