



## Chocolate Chip Peanut Butter Cupcakes

READY IN



35 min.

SERVINGS



12

CALORIES



267 kcal

DESSERT

### Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup creamy peanut butter unsalted unsweetened (I used and )
- ☐ 1 cup maple syrup
- ☐ 3 tablespoons milk 2% (I used )
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.7 cup silken tofu soft (See My Notes #1)
- ☐ 1 teaspoon vanilla extract

☐ 2 tablespoons water (See My Notes #2)

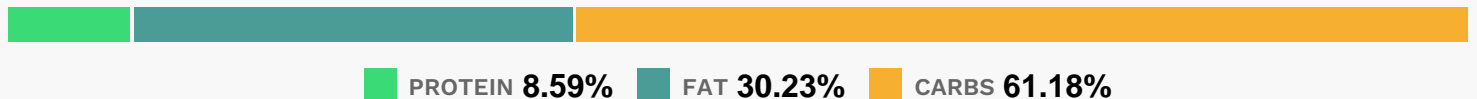
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 350/180C for 15 mins. Lightly grease and line the muffin tin with paper liners. Also spray the paper liners lightly so that you can peel off the cupcakes easily. In a large bowl sift together the flour, baking powder and salt. Blend together all the wet ingredients except water.
- ☐ Pour the wet mixture to the flour and combine until just moistened. Stir in the chocolate chips too. If you feel that the batter is too tight add 1 to 2 tablespoons water. Fill each muffin cup 2/3rds full.
- ☐ Bake for 20 minutes or until a toothpick comes out clean. I checked after 16 minutes but the cupcakes were not done; the batter was sticking to the toothpick. I baked for another 4 minutes and it came out clean. Cool for 5 minutes before removing from pan to wire rack. Do not leave it in the tin for more than 5 minutes because the paper liner will start giving out moisture and the muffins will become soggy.

## Nutrition Facts



## Properties

Glycemic Index: 21.29, Glycemic Load: 18.68, Inflammation Score: -3, Nutrition Score: 9.4717390815849%

## Nutrients (% of daily need)

Calories: 266.85kcal (13.34%), Fat: 9.05g (13.92%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 39.49g (14.36%), Sugar: 20.41g (22.68%), Cholesterol: 0.9mg (0.3%), Sodium: 254.83mg

(11.08%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 6.45mg (2.15%), Protein: 5.78g (11.57%), Manganese: 1.02mg (50.87%), Vitamin B2: 0.48mg (28.16%), Vitamin B1: 0.21mg (14.25%), Vitamin B3: 2.79mg (13.95%), Folate: 47.37µg (11.84%), Selenium: 8.21µg (11.72%), Magnesium: 46.19mg (11.55%), Phosphorus: 112.31mg (11.23%), Calcium: 109.91mg (10.99%), Iron: 1.88mg (10.42%), Copper: 0.2mg (9.84%), Vitamin E: 1.04mg (6.92%), Fiber: 1.69g (6.77%), Potassium: 215.82mg (6.17%), Zinc: 0.89mg (5.93%), Vitamin B6: 0.06mg (3.16%), Vitamin B5: 0.24mg (2.42%)