



Dark Chocolate Oatmeal Muffins

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 teaspoons baking soda
- ☐ 0.3 cup extra chocolate chips dark
- ☐ 0.5 teaspoon chocolate extract
- ☐ 0.5 cup hershey's cocoa powder dark unsweetened
- ☐ 2 large egg whites
- ☐ 1.3 cups oats
- ☐ 0.3 cup baby food prunes pureed

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup your choice of non-liquid sweetener = to of sugar
- ☐ 0.3 cup vanilla plain
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup how water hot

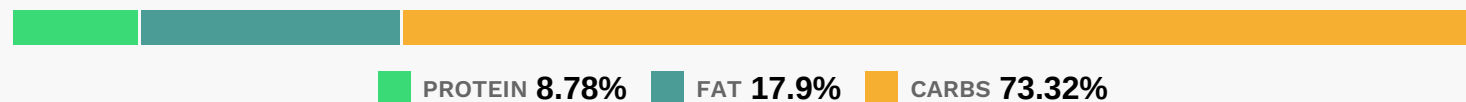
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ muffin liners
- ☐ kitchen timer

Directions

- ☐ Preheat oven to 400 degrees. Line 12 muffin cups with foil or paper liners or just spray with baking spray.Grind the oatmeal in a food processor.
- ☐ Add the cocoa powder, baking powder, baking soda and salt and pulse to mix. Open the processor and add hot water (or coffee), applesauce, egg whites, yogurt, sugar (or Fibrelle), vanilla and chocolate extract (if using). Process until well mixed, stopping to scrape sides of processor.
- ☐ Remove top of processor and stir in the chocolate chips (or pour mixture into a bowl if that's easier for you)Divide the mixture between the 12 muffin cups — it should come almost to the top. Put in the oven, set the timer for 18 minutes.Immediately reduce heat to 350 F.
- ☐ Bake at 350 for 18 minutes or until muffins appear set.
- ☐ Let cool and set in the cups.

Nutrition Facts



Properties

Glycemic Index:20.84, Glycemic Load:11.78, Inflammation Score:-2, Nutrition Score:4.9643477889831%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 137.28kcal (6.86%), Fat: 2.94g (4.52%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 24.3g (8.83%), Sugar: 16.57g (18.41%), Cholesterol: 0.93mg (0.31%), Sodium: 189.74mg (8.25%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Caffeine: 8.24mg (2.75%), Protein: 3.24g (6.48%), Manganese: 0.49mg (24.41%), Fiber: 2.77g (11.08%), Copper: 0.2mg (9.96%), Phosphorus: 91.14mg (9.11%), Magnesium: 35.84mg (8.96%), Selenium: 4.72µg (6.74%), Calcium: 65.13mg (6.51%), Iron: 1.06mg (5.89%), Zinc: 0.81mg (5.43%), Potassium: 174.48mg (4.99%), Vitamin B2: 0.08mg (4.53%), Vitamin B1: 0.05mg (3.6%), Vitamin K: 3.54µg (3.38%), Vitamin B5: 0.2mg (2.05%), Vitamin B3: 0.33mg (1.67%), Vitamin B6: 0.03mg (1.61%), Folate: 5.97µg (1.49%)