



Double Chocolate Muffins & Video

 Dairy Free

READY IN



36 min.

SERVINGS



10

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 cup fiber one original bran cereal
- ☐ 0.3 Teaspoon double-acting baking powder
- ☐ 1 Teaspoon baking soda
- ☐ 0.3 cup banana pureed ()
- ☐ 0.3 cup chocolate chips mini
- ☐ 0.5 cup cocoa powder
- ☐ 0.8 cup brown sugar light (I Used Brown)

- ☐ 0.3 cup oil (I Used Vegetable Oil)
- ☐ 0.3 Teaspoon salt
- ☐ 1 Teaspoon vanilla extract

Equipment


- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375F/190C for 15 minutes. Line a muffin tin with paper liners or grease it with some cooking spray.
- ☐ Place the cereal in a zip-loc bag and crush it coarsely or use a food processor. Soak the crushed cereal with the buttermilk in a large bowl for 5 minutes.
- ☐ Add the oil, pureed banana, vanilla extract and brown sugar to the cereal mixture and stir it. Sift in the flour, cocoa, baking soda/powder and salt directly over the wet ingredients, breaking lumps if any.
- ☐ Combine everything until just moistened. Do not over mix. Stir in the chocolate chips. Fill the muffin cups with the batter, about 3/4ths full in each cup. I got only 10 muffins for the above measurement even though the original recipe was for 12 muffins. So fill some water in the empty tins about 1/2 full, to ensure even baking.
- ☐ Bake for about 15–20 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Mine was done by 16 minutes.
- ☐ Remove the muffin tin from the oven and place it on a cooling rack for about 5 minutes.
- ☐ Serve the muffins warm or at room temperature.

Nutrition Facts



 PROTEIN **5.59%**  FAT **30.11%**  CARBS **64.3%**

Properties

Glycemic Index:26.64, Glycemic Load:8.58, Inflammation Score:-6, Nutrition Score:12.000434777011%

Flavonoids

Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 216.9kcal (10.85%), Fat: 7.88g (12.12%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 37.85g (12.62%), Net Carbohydrates: 33.85g (12.31%), Sugar: 21.35g (23.72%), Cholesterol: 0.9mg (0.3%), Sodium: 204.1mg (8.87%), Alcohol: 0.14g (100%), Alcohol %: 0.31% (100%), Caffeine: 9.89mg (3.3%), Protein: 3.29g (6.59%), Vitamin B6: 0.78mg (38.76%), Manganese: 0.73mg (36.57%), Folate: 106.39µg (26.6%), Vitamin B12: 1.17µg (19.43%), Vitamin B1: 0.24mg (16.23%), Fiber: 4g (16.02%), Vitamin B2: 0.24mg (14.31%), Iron: 2.48mg (13.79%), Copper: 0.26mg (12.82%), Magnesium: 49.22mg (12.31%), Phosphorus: 120.06mg (12.01%), Vitamin K: 10.51µg (10.01%), Vitamin B3: 1.79mg (8.97%), Selenium: 5.67µg (8.1%), Zinc: 1.16mg (7.74%), Calcium: 58.3mg (5.83%), Potassium: 177.97mg (5.08%), Vitamin E: 0.54mg (3.57%), Vitamin A: 124.15IU (2.48%), Vitamin C: 1.6mg (1.94%), Vitamin D: 0.27µg (1.78%), Vitamin B5: 0.17mg (1.66%)