



Healthy Chocolate Chip Muffins

READY IN



40 min.

SERVINGS



11

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.8 cup buttermilk 1% (I used)
- 0.8 cup chocolate chips (I used milk chocolate chips)
- 0.5 cup brown sugar dark packed (I used brown sugar)
- 4 tablespoons margarine spread soft (I used Becel Original)
- 0.3 cup jar prune puree (I used Beech Nut baby food)
- 0.3 teaspoon salt
- 1 tablespoon apple sauce unsweetened

- 2 teaspoons vanilla extract
- 1 tablespoon water
- 0.3 cup wheat germ toasted
- 2 cups pastry flour whole wheat

Equipment

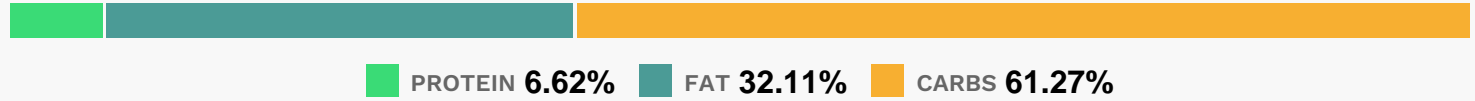
- baking sheet
- oven
- mixing bowl
- wire rack
- hand mixer
- toothpicks
- muffin liners
- muffin tray

Directions

- Preheat oven to 350F for 15 minutes. Line a 12-cup muffin tin with paper liners and use a non stick cooking spray to grease the liners. In a baking sheet toast the wheat germ while the oven is preheating. Have a close watch or else it might burn. Around 5 minutes should be enough. In a large mixing bowl, beat the margarine and sugar until creamy using a hand held electric mixer. Stir in the buttermilk. The mixture appears to be curdled but don't worry. Also add the prune puree.
- Add the 1 tablespoon water to the baby food jar and shake it well and then pour it to the rest of the ingredients. Stir in the applesauce and vanilla extract too.
- Add the rest of the dry ingredients (flour to salt) except the wheat germ to the wet ingredients and stir until just combined; do not over-mix. Lumps in the batter is fine. Divide the batter among the muffin cups.
- Sprinkle the tops with wheat germ (around 1 teaspoon for each muffin). I usually fill 3 tablespoons of batter for each muffin. Even though the measurement is for 12 muffins, I was able to fill only 11 cups. So fill the 12th cup with water (3/4th of the tin should be enough), to ensure even baking of the muffins.

- Bake around 20–25 minutes or until a toothpick inserted in the center comes out clean. I baked mine for 23 minutes.
- Remove the muffin tin from the oven and cool it on a wire rack for 5 minutes. After 5 minutes take the muffins out of the pan and let it cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.82, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:8.8343478206383%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 242.05kcal (12.1%), Fat: 8.96g (13.79%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 35.5g (12.91%), Sugar: 19.33g (21.47%), Cholesterol: 1.8mg (0.6%), Sodium: 259.87mg (11.3%), Alcohol: 0.25g (100%), Alcohol %: 0.41% (100%), Protein: 4.16g (8.32%), Manganese: 1.26mg (62.8%), Selenium: 16.3µg (23.28%), Phosphorus: 126.19mg (12.62%), Fiber: 2.98g (11.9%), Vitamin B1: 0.17mg (11.29%), Magnesium: 40.69mg (10.17%), Vitamin B6: 0.14mg (7.09%), Calcium: 69.13mg (6.91%), Vitamin B3: 1.37mg (6.83%), Copper: 0.13mg (6.57%), Zinc: 0.97mg (6.48%), Iron: 1.11mg (6.15%), Potassium: 206.22mg (5.89%), Vitamin B2: 0.09mg (5.15%), Vitamin A: 242.35IU (4.85%), Folate: 18.11µg (4.53%), Vitamin B5: 0.29mg (2.88%), Vitamin K: 2.82µg (2.69%), Vitamin E: 0.34mg (2.29%), Vitamin D: 0.21µg (1.42%), Vitamin B12: 0.08µg (1.34%)