CHOCOLATE CHIP MUFFINS

Schools in and we thought it would be a good time to make muffins for breakfast! Here's a healthier version that's lower in sugar and calories than any store bought muffin. A delicious breakfast or snack for kids of all ages!

Ingredients:

- 2 cups oat flour
- 1/2 cup semi-sweet chocolate chips
- 1 tsp baking soda
- 2 tsp baking powder
- 1 1/4 tsp cinnamon
- 1/2 tsp salt
- 2/3 cup maple syrup
- 2 large eggs, room temperature
- 1/3 cup of oil or melted unsalted butter
- 1 cup unsweetened applesauce
- 1/2 cup of unsweetened milk



Directions:

• Preheat oven to 450 degrees. Line a muffin tin with liners; set aside.

• In a large bowl combine the oat flour, chocolate chips, baking soda, baking powder, cinnamon and salt; whisk well to combine. In a separate bowl whisk together the maple syrup, eggs, oil (or butter), applesauce, and milk; mix well until thoroughly combined. Gradually add the wet mixture into the dry mixture, stirring until combined.

• Divide the mixture among the prepared muffins. Bake for 10 minutes, then reduce the heat to 400 degrees and continue baking for another 10 minutes. Remove pan from oven and allow the muffins to cool completely in the muffin tin. Serve at once or store in an airtight container for up to 3 days. They'll also last in a freezer bag stored in your freezer for 1 month. Makes 18 muffins.

NUTRITION PER SERVING:

Per muffin: 135 calories, 2g protein, 18g carbs, 10g sugar, 7g fat, 4g sat fat, 21mg chol, 79mg sodium
Reference: www.bakerbynature.com