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by DinnerTime UAE

Secretly Healthy Vanilla Chocolate Chip Muffins



Ingredients

1.5 cups/ 275 mls mashed Avocado
3 tablespoons Coconut Oil (melted)
1 teaspoon Vanilla Extract
2/3 cup or 170 mls unsweetened Almond Milk
¼ cup/ 65 mls Agave Syrup/ Sugar Free Maple Syrup, or Honey
2 Eggs
1 cup/ 250 mls of Ground Almonds
1 cup/ 250 mls Vanilla Protein Powder
1 teaspoon Baking Soda
¼ cup/ 65 mls Raw Cacao (unprocessed cocoa available from Be Super Natural Brand at Galleries Lafayette in Dubai Mall or the Biorganic Store in Tecom).
½ teaspoon Salt
1/3 cup/ 85 mls Vegan/ Dark or Sugarfree Chocolate Chips (Reserve some for sprinkling on top)

Preparation

1. Pulse 1.5 cups/ 275 mls mashed Avocado until creamy. Add to this:
2. • 3 tablespoons Coconut Oil (melted)
3. • 1 teaspoon Vanilla Extract
4. • 2/3 cup or 170 mls unsweetened Almond Milk
5. • ¼ cup/ 65 mls Agave Syrup/ Sugar Free Maple Syrup, or Honey
6. • 2 Eggs.
7. Pulse to combine.
8. Remove from blender, and mix in:
9. • 1 cup/ 250 mls of Ground Almonds
10. • 1 cup/ 250 mls Vanilla Protein Powder

11 • 1 teaspoon Baking Soda

12 • ¼ cup/ 65 mls Raw Cacao (unprocessed cocoa available from Be Super Natural Brand at Galleries Lafayette in Dubai Mall or the Biorganic Store in Tecom).

13 • ½ teaspoon Salt

14 • 1/3 cup/ 85 mls Vegan/ Dark or Sugarfree Chocolate Chips (Reserve some for sprinkling on top)

15 Fold until combined and pour into muffin pan lined with cupcake papers. Sprinkle with remaining chocolate chips.

16 Bake in preheated oven at 175 C until toothpick inserted into the centre of the muffins comes out clean.

Cooks Note

Eat smart to avoid sugar/ junk cravings. The trick is to increase the fat content of your meals. We mean healthy fats like those found in avocados, oily fish and nuts, which, in a happy paradox, are the kind of fats that help keep you slim.

This muffin recipe really hits the spot in terms of nutrition and taste! They are high in proteins and good fats, at the same time as being dairy free and sugar free!

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