HEALTHY FOOD

Healthy & Vegan Delicious Chocolate Muffins

By bestfolkmedicine · 11/09/2020 · 1 min read

If you're following a plant-based or gluten-free diet, you'll love to hear that you can freely enjoy these yummy and healthy vegan chocolate muffins.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Plus, they're so easy to make, inexpensive, and ready in around half an hour.

Fudgy, rich, and moist, it's the ideal healthy snack that will satisfy your cravings for sweet!

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They also make a healthy breakfast or an afternoon energy boost. If you have little ones around, don't forget to call them when you're making them-they'll love helping!

But, enough talking, let's check out the recipe together!

Healthy & Vegan Delicious Chocolate Muffins Recipe

You'll need:

2 ¼ cups of self-rising flour

¼ cup of cocoa

½ tbsp of baking powder

2/3 cup of ripe banana, mashed

3 tbsp of sunflower oil

½ cup of chocolate soy milk

½ cup of brown sugar

2 tsp of vanilla extract

1/3 cup of chocolate chips, optional

Prep:

Mix the flour, baking powder, and cocoa. In a different bowl, mix the oil and milk and add the sugar, vanilla extract, and banana.

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Then add the solid materials to the liquid mixture. Add the chocolate chips in the end and stir together everything. Divide it into muffin tens.

Place several chocolate chips on the top.

Bake in the preheated oven for 25 minutes on 350 degrees F.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
When ready, wait for them to cool down before you eat them.

Enjoy!

Sources:

ONE GREEN PLANET

ELA VEGAN

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