



Jacques's Double Chocolate Muffins

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

PORTIONS: 12

PREPARATION: 15 MINUTES

COOKING: 25 MINUTES

INGREDIENTS

- 235 g (1 2/3 cups) all-purpose flour *"La Merveilleuse"*
- 50 g (1/2 cup - 1 tbsp) cocoa
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 0.5 ml (1/8 tsp) salt
- 2 medium eggs (90 g)
- 140 g (1/2 cup) ripe banana, crushed
- 65 g (1/3 cup) light olive oil
- 160 g (1/2 cup) maple syrup
- 185 g (3/4 cup) non-dairy yogurt, plain
- 60 ml (4 tbsp) plant-based milk substitute
- 7.5 ml (1 1/2 tsps) vanilla extract
- 100 g (2/3 cup) chocolate chips, semi-sweet (or a little more, to taste)
- Extra chocolate chips for the top

PREPARATION

1. Preheat the oven to 180 °C (350 °F).
2. In a bowl, combine flour, cocoa, baking powder, baking soda and salt.
3. In another bowl, combine eggs, crushed banana, oil, maple syrup, yogurt, plant-based milk substitute and vanilla. Beat with an electric mixer until frothy.
4. Stir the dry mixture into the liquids and mix with the electric mixer, until the batter thickens (about a minute).
5. Add the chocolate chips with a wooden spoon. Pour batter into paper-lined muffin mould. Garnish with chocolate chips, as desired.
6. Bake on the centre rack for about 25 minutes, until a toothpick inserted in the middle comes out clean.
7. Unmould when out of the oven and allow to cool on a wire rack.



This recipe was given to me by Jacques Lebire, a customer who unknowingly gave me an invaluable gift! Indeed, I'm a real chocolate lover so imagine my joy with the double chocolate!

Here's what he wrote to me in his email: *"Here's my recipe for gluten-free double chocolate muffins made with your all-purpose flour. Good big plump muffins with big caps. Too delicious."*

I can confirm that they are really delicious!

NUTRITION FACTS

Per portion 250 Calories

Fat: 12 g	18 %
Saturated 3 g	
Trans 0,1 g	16 %
Polyunsaturated: 1,5 g	
Omega-6: 1 g	
Omega-3: 0,2 g	
Monounsaturated: 6 g	
Cholesterol: 25 mg	
Sodium: 130 mg	5 %
Carbohydrate: 36 g	12 %
Fibres: 3 g	12 %
Sugars: 15 g	
Protéines: 4 g	
Vitamin A	2 %
Vitamin C	2 %
Calcium	6 %
Iron	15 %
Copper	20 %
Manganese	60 %
Sélénium	40 %