

Healthy Double Chocolate Muffins

Recipe By *Faigy Grossman*



Cooking and Prep:  30
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Serves:  6

Contains:    

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

When I began experimenting with this muffin idea, I knew that I wanted to create a healthy muffin that wouldn't taste healthy. After all, which kid loves bran muffins (or anything like that)? When these muffins came out of the oven and the kids clamored for them, I waited with bated breath — would they approve? Baruch Hashem, not only did the batch disappear, but I had to promise to make it again for Shabbos!

Ingredients (13)

Main ingredients

- 2 cups white whole wheat flour
- 1/2 cup **Gefen Cocoa**
- 3 and 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda

- dash salt
 - 3/4 cup packed brown sugar
 - scant 1/2 cup oil
 - 2 eggs
 - 1/2 cup **Gefen Soy Milk** or other pareve milk (I used soy)
 - 2 teaspoons vanilla extract
 - 1 packed cup peeled, shredded, and drained zucchini
 - 1/2 cup chopped walnuts or walnut nibs
 - 1 cup **Glicks Chocolate Chips**, plus a little for topping muffins
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Start Cooking

Prepare the Muffins

Yields 12 muffins

1. Preheat oven to 425 degrees Fahrenheit (220 degrees Celsius). Grease a 12-cup muffin pan.
2. In a medium mixing bowl, combine the first five ingredients.
3. In a large mixing bowl, mix sugar, oil, eggs, pareve milk, and vanilla extract until smooth. Stir into liquid mixture until just combined.
4. Fold in zucchini, walnuts, and chips.
5. Divide batter evenly between muffin cups. Sprinkle each muffin with a few chocolate chips.
6. Bake muffins for five minutes, then reduce heat to 375 degrees Fahrenheit (190 degrees Celsius) and bake for an additional 15–18 minutes. Remove from oven and transfer to a cooling rack.

Credits

Food and Prop Styling by Renee Muller

Photography by Chavi Feldman