

Chocolate Chip Muffins

This tasty recipe has been put together by Rebecca, our Healthy Habits Coordinator. For more great health and wellbeing tips from the Healthy Habits team, call us on 0191 280 8484 or email Rebecca.Williams@ageuknorthtyneside.org.uk.

While Chocolate Chip Muffins don't sound conventionally 'healthy', we can all enjoy cakes and biscuits if we don't go overboard! These muffins are a more balanced choice than a big slab of an iced cake when you are really after something sweet! Enjoy and don't feel guilty! Why not try them with some fresh fruit and plain yoghurt as a pudding to vary things?

Ingredients

- 250g plain flour (you can substitute this for plain wholemeal flour if you'd like to increase your fibre intake)
- 45g cocoa powder
- 190g soft brown sugar
- 1.5 tsp baking powder
- 0.5 tsp salt
- 2 eggs
- 150 ml plain yoghurt
- 1 tsp vanilla extract
- 175 ml hot water
- 110g melted butter
- 125 g chocolate chips of choice (if you choose darker chocolate chips over milk or white chocolate these will be more nutritious).

Method

- Preheat oven to 200°C and line a 12 hole muffin tin with cases.
- In a large bowl, mix together all the dry ingredients apart from the chocolate and form a well in the centre.
- Whisk together the remaining ingredients, apart from the chocolate and pour into the well. Mix quickly then fold in most of the chocolate chips.
- Divide the batter between the 12 cases and scatter over the remaining chips. Bake for 18-20 minutes until well risen and cooked.
- Cool and enjoy with a cuppa!

