

# Chocolate Avocado Muffins

By Maria Arnold

These decadent avocado muffins double as cupcakes but have more nutrients and less fat than traditional baked goods.

American

avocado cupcakes

avocado muffins

chocolate avocado muffins



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PREP	COOK	TOTAL	SERVINGS
<b>10 min</b>	<b>30 min</b>	<b>40 min</b>	<b>12</b>

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## Nutrition (per serving)

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CALORIES	PROTEIN	CARBS	FAT
<b>151 kcal</b>	<b>3 g</b>	<b>26 g</b>	<b>5 g</b>
FIBER	SUGAR	SODIUM	
<b>2 g</b>	<b>14 g</b>	<b>181 mg</b>	

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## Ingredients

- **1 cup** all purpose flour
- **1/2 cup** unsweetened cocoa powder
- **1.5 tsp** baking powder
- **1 tsp** baking soda

- **1/4 tsp** fine sea salt
- **1/2 cup** mashed avocado (about 1 avocado, measured after you mash)
- **3/4 cup** unsweetened almond milk (can sub cow's milk or other milk of choice)
- **1/2 cup** maple syrup
- **2** eggs
- **1 tsp** vanilla extract
- **1/2 cup** mini chocolate chips

## Instructions

1. Preheat the oven to 350 degrees F. Grease or line a muffin tin (or use a silicone muffin pan) and set aside.
2. Stir together the flour, cocoa powder, baking powder, baking soda, and salt.
3. Combine the mashed avocado with the almond milk in a blender. Blend on low to medium speed until smooth. Add the maple syrup, eggs, and vanilla extract to the blender. Blend again until smooth. Pour the wet ingredients into the bowl with the dry ones.
4. Stir the wet and dry ingredients together with a rubber spatula. Add the mini chocolate chips, and stir to incorporate them into the batter. Fill the muffin tin with the batter (each cup should be about 3/4 full). I like to top each muffin with a few more chocolate chips before putting them in the oven.
5. Bake for 25 to 27 minutes until a toothpick inserted in one of the muffins in the center of the pan comes out clean. Let the muffins cool for a few minutes before enjoying.