

Apple, Chocolate, and Spice Muffins



Discover our delicious recipe for apple, chocolate, and spice muffins, perfect for grab-and-go meals. These flavor-rich muffins are perfect for your lunch breaks!

Preparation 15 min

Cooking 25 min

Servings 12

Nutrition Facts (per serving)

Calories 180

Fat 6

Carbohydrates 28

Fibre 3

Protein 4

Sodium 25

Ingredients

Dry Ingredients

- 375 ml (1 ½ cups) all-purpose flour
- 125 ml (1/2 cup) oats
- 45 ml (3 tablespoons) cocoa
- 5 ml (1 teaspoon) baking powder

- A pinch of salt 5 ml (1 teaspoon) ground cinnamon
- 2.5 ml (1/2 teaspoon) ground ginger
- 1 ml (1/4 teaspoon) cayenne pepper

Wet Ingredients

- 1 mashed banana
- 125 ml (1/2 cup) brown sugar
- 1 beaten egg 65 ml (1/4 cup) vegetable oil
- 65 ml (1/4 cup) plant-based milk
- 1 apple, cut into cubes

Toppings

- White chia seeds
- Chocolate chips
- Chopped walnuts (or other nuts)

Preparation

1. Preheat the oven to 350°F (175°C). Grease a 12-cup muffin tin and set aside.
2. In a bowl, mix all the dry ingredients, then set aside.
3. In another bowl, combine all the wet ingredients except the apples.
4. Pour over the dry ingredients and mix well. Add the apples and mix again.
5. Divide the mixture into the muffin cups, then sprinkle the toppings on top.
6. Bake in the oven for 25 minutes, then let cool.



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