

White Chocolate and Hazelnut Muffin Mix in a Jar



In the spirit of sharing homemade sweetness with your loved ones, here's an irresistible recipe that's sure to please. Those lucky enough to receive it will be delighted by the personal touch of your gift, and you'll be thrilled with its simplicity. A gourmet gift, but balanced with a higher fibre and protein content than store-bought muffins, reflecting your love and culinary talents! Decorate the jar to your liking to make it even more personalized and festive.

Preparation 5 min
Cooking 0 min
Servings 12
Nutrition Facts (per serving)
Calories 160
Fat 5
Carbohydrates 22
Fibre 2
Protein 6
Sodium 20

Ingredients

- 250 ml (1 cup) of all-purpose flour
- 5 ml (1 tsp) of baking powder
- 125 ml (½ cup) of whole wheat flour

- 125 ml (½ cup) of quick-cooking oats
- 45 ml (3 tbsp) of brown sugar
- 30 ml (2 tbsp) of ground flaxseed
- 125 ml (½ cup) of roughly chopped hazelnuts
- 85 ml (? cup) of white chocolate chips*

To bake:

- 250 ml (1 cup) of milk, 1% m.f.
- 125 ml (½ cup) of plain Greek yogurt, 0% m.f.
- 1 egg

Note: You can replace the white chocolate with the same amount of mini-marshmallows for a lower sugar version, or just to cater to someone who loves them!

Preparation

1. In a Mason jar, pour in the all-purpose flour and baking powder. Mix well.
2. In the same jar, layer the rest of the ingredients in order. Seal the jar tightly.

To bake:

1. Preheat the oven to 350°F (180°C). In a large bowl, mix the milk, Greek yogurt, and egg.
2. Add the contents of the jar and mix well.
3. Pour the batter into muffin tins lined with paper liners or silicone moulds, and bake for 15-18 minutes or until they are lightly golden, and a knife comes out clean.

Notes

The prepared muffins can be stored for 5 days in the refrigerator, in an airtight container. They can be frozen for up to 3 months.

*The nutritional values indicated are for the prepared muffins.



Élodie Robillard – Nutritionniste Diététiste à Québec | Coordonnatrice KoalaPro
Registered Dietitian Nutritionist in Quebec City