




Gooney Chocolate Muffin



Ingredients	For 48 Servings		Directions
	Weight	Measure	
Whole wheat flour		2 2/3 cup	<ol style="list-style-type: none"> 1. Preheat oven to 400°F 2. Spray muffin pans with cooking spray. 3. Combine the flours, cocoa powder, salt, baking powder and baking soda together. 4. In a separate large bowl mix the applesauce, sugar, honey, egg whites, non- fat yogurt, and vanilla together. Whisk them until smooth with no lumps. 5. Slowly stir wet ingredients into the dry ingredients. Gently stir in the mini choc chips do not over mix. Mix by hand. The batter will be a little lumpy. 6. Using a scoop divide the batter into sprayed muffin tins filling 2/3 to almost full in the pans. 7. Bake at 400°F for 15 to 20 minutes. 8. Remove from the oven. Let them cool for 5 minutes before removing from the pan.
White flour all- purpose		1 1/3 cups	
Cocoa powder		2 cups	
Baking soda		4 tsp	
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Salt		1 tsp	
Applesauce unsweetened		3 cups	
White sugar		2 cups	
Honey		1 cup	
Vanilla extract		4 tsp	
Egg whites large		8 each	
Yogurt Non- fat vanilla		3 cups	
Mini semi-sweet chocolate chips		1 1/2 cups	
			

Serving Size: 1 muffin (2 oz.) Yield: Servings 48

½ oz. eq. Grain

Nutrition Analysis: Serving Size: 1 each muffin

Calories: 132 kcal

Calories from Fat: 16.15%

Total Fat: 2.36 g

Saturated Fat: 1.3 g

Trans Fat: 0.00 g

Cholesterol: 0.28 mg

Sodium: 187.67 mg

Total Carbohydrate: 27.98 g

Dietary Fiber: 2.63 g

Sugars: 16.24 g

Protein: 3.37 g

Vitamin A: 6.05 IU

Vitamin C: 3.42 mg

Calcium: 30.89 mg

Iron: 1.16 mg

