

Teff Chocolate Muffins

Yield: 12 small or 8 medium

Prep time: 25 min

Total time: 60 min

Ingredients

1 cup teff flour

½ cup whole wheat flour

½ cup coconut flour

½ teaspoon salt

½ teaspoon baking soda

½ teaspoon baking powder

½ teaspoon ground cinnamon

1/2 cup Xylitol (sugar replacement)

5 tablespoons butter, softened (or substitute coconut oil)

1 large egg, lightly beaten

1 cup unsweetened applesauce

½ teaspoon vanilla extract

¼ cup water (or more to moisten batter)

1 cup cacao chips (unsweetened)

Directions

1. Preheat oven to 375°F.
2. Lightly spoon flours into dry measuring cups; level with a knife. Combine the flours, salt, baking soda, baking powder and cinnamon, stirring with a whisk.
3. Place sugar and butter in a large bowl; beat with a mixer on medium-high speed until well blended, about 3 minutes.
4. Add the egg, beating until blended, Add the applesauce and vanilla, beating until blended. Beat in the water.
5. Add flour mixture to sugar mixture (add more water as needed); beat at low speed just until blended. Stir in chocolate chips. Spoon batter into muffin tray coated with cooking spray (or lined w/paper cups).
6. Bake at 375°F for 25-30 minutes (cooking time will vary based on size of muffin) or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Special Diet Information

Nutrition Information

Nutrition Facts

Servings: 12

Amount per serving

Calories **175**

% Daily Value*

Total Fat 8.6g **11%**

Saturated Fat 5.2g **26%**

Cholesterol 28mg **9%**

Sodium 192mg **8%**

Total Carbohydrate 23.2g **8%**

Dietary Fiber 4g **14%**

Total Sugars 7.5g

Protein 3.7g

Vitamin D 5mcg **24%**

Calcium 16mg **1%**

Iron 1mg **3%**

Potassium 64mg **1%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**