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Fresh lunchbox ideas

**SECRET
CHOCOLATE MUFFINS
RECIPE**



the source
BULK FOODS

SECRET CHOCOLATE MUFFINS

HIGH PROTEIN

150g carrot, grated
150g zucchini, grated & liquid squeezed out
75g baby spinach
60mL organic virgin coconut oil
2 bananas
60mL organic maple syrup
2 tbsp organic black chia seeds
2 eggs
300g Australian organic plain flour
3 tsp gluten free baking powder
1 tsp organic bi carb soda
60g organic cacao powder
120g milk chocolate buttons, plus 20g extra for garnish

METHOD

Preheat your oven to 200°C (180°C fan bake) and line a muffin tray with muffin cases.

In a jug of an electric blender, combine the carrot, zucchini, baby spinach, bananas, coconut oil, maple syrup and eggs. Blend until smooth.

In a large mixing bowl, whisk together the plain flour, cacao powder, baking powder, bi carb soda and chia seeds.

Pour the blended vegetable mixture into the dry ingredients and gently mix until a smooth batter forms. Fold in the milk chocolate buttons.

Divide the batter evenly among the muffin cases and sprinkle each muffin with the extra milk chocolate buttons.

Bake for 20-25 minutes or until a skewer comes out clean. Allow to cool.

Store these muffins in an airtight container in the fridge for up to one week. Alternatively, they can be frozen for up to three months.

Feel free to experiment with your favourite chocolate combinations. Both white and dark chocolate would also work in this recipe.

If your kids won't finish a whole muffin, consider making them in cupcake sizes to reduce waste.

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