

Chocolate Broccoli Muffins



Ingredients:

- 1 cup raw broccoli florets, finely chopped
- 1 egg, or equivalent egg substitute
- 1/4 cup olive oil
- 1/2 cup brown sugar
- 1/2 cup self-rising flour
- 1/2 teaspoon baking powder
- 2 tablespoons coco powder
- 1 tablespoon almond milk, or favorite milk
- Cooking spray

Directions:

1. Heat oven to 375 F. Prepare muffin tins by spraying with a light coating of cooking spray.
2. In a large bowl, whisk together egg, oil, sugar, and milk.
3. Add flour, baking powder and coco powder to a sifter. Sift the dry ingredients into the egg mixture.
4. Mix the dry and wet ingredients just until there is no visible dry ingredients.
5. Stir in the chopped broccoli, make sure not to over mix.
6. Spoon the mixture into prepared muffin tins. Bake for 15 to 20 minutes, or until a toothpick comes out clean.
7. Allow to cool before serving. Refrigerate leftovers.

Makes 6 standard-sized muffins or 12 mini-muffins.



Tarrant County Public Health
<http://health.tarrantcounty.com>