



Chocolate Oatmeal Muffins (an original recipe)

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Gr 2 GES

Ingredients:

1 Cup Old Fashioned Oats	¼ Cup Sugar
1 Cup Almond Milk	1 Tablespoon Olive Oil
1 cup all purpose flour	2 tablespoons organic milled flax seeds
1 Apple, peeled & shredded	2 Tablespoons Cocoa Powder
1 Carrot, peeled & shredded	2 Teaspoons Baking Powder
1 Egg	2 Tablespoons Semi- Sweet Chocolate Chips (used to decorate the tops of the muffins before baking)

Instructions:

Heat the oven to 425°F. Put all ingredients (except the chocolate chips) in a medium mixing bowl and mix with a spoon.

Spray paper muffin liners with cooking spray and fill 2/3 full. Sprinkle with chocolate chips and bake for 15-20 minutes, or until toothpick inserted in center comes out clean. Makes 12 standard or 36 mini-muffins.

For mini-muffins – bake for 10 minutes.

Per Standard Muffin: Calories: 107 Total Fat: 3g Fiber: 2g Total Sugar:9g Sodium: 22 mg