

Healthier Chocolate Muffins



INGREDIENTS:

**12 MUFFINS*

- 3/4 cup unsweetened applesauce
- 3/4 cup brown sugar
- 1 large egg
- 3/4 cup Greek yogurt
- 2 teaspoons vanilla extract
- 3/4 cup all-purpose flour
- 1/2 cup whole wheat pastry flour
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 cup toasted nuts, optional

DIRECTIONS:

1. Preheat your oven to 375 degrees. Prepare a muffin pan by spraying it with nonstick cooking spray or lining it with muffin liners.
2. In a mixing bowl whisk together applesauce, sugar, egg, yogurt and vanilla. In another bowl whisk together flours, cocoa, baking soda and powder.
3. Pour the liquid ingredients into the dry, mix until just combined, do not over mix. Fold in nuts.
4. Fill the muffin cups 3/4 full. Bake for 13- 15 minutes or until a toothpick inserted into the middle comes out clean. Remove from oven and cool in pan then transfer to a wire rack to cool completely.

