



Chocolate courgette muffins

12 servings

30 minutes

Ingredients

224 grams Almond Flour (Ground Almonds)
22 grams Cocoa Powder
2 grams Sea Salt
1 gram Baking Soda (Bicarbonate of soda)
59 milliliters Extra Virgin Olive Oil
80 grams Maple Syrup
3 Egg
1 Zucchini (Courgette) (medium, grated)

Nutrition

Amount per serving	
Calories	188
Fat	15g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	6g
Potassium	102mg
Vitamin A	100IU
Vitamin C	3mg
Calcium	59mg
Iron	1mg
Vitamin D	10IU
Vitamin E	1mg
Folate	10µg
Vitamin B12	0.1µg
Magnesium	68mg
Zinc	0mg
Selenium	4µg

Directions

- 1 Preheat your oven to 350°F (180°C) and line a muffin tin with 12 muffin cases. Brush each case with a small amount of coconut oil, to prevent sticking.
- 2 In a large mixing bowl, combine the ground almonds, cocoa powder, sea salt, and bicarbonate of soda. Mix well.
- 3 In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the courgette.
- 4 Spoon the muffin batter between the cases, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick or skewer inserted into the centre of a muffin comes out clean.
- 5 Let cool completely before eating, to prevent the muffins from sticking to the cases.

Notes

Serving Size: One serving is equal to one muffin.

Courgette: One medium courgette is equal to about 2 cups of grated courgette.

Toppings: If you are not on a weight loss diet and can absorb the extra calories, add a topping such as coconut cream, a spoonful of almond butter or melted 85% chocolate.

More Flavour: Experiment with adding espresso powder, chilli or cinnamon. Add a little extra courgette to retain the moisture in the muffins. This compensates for the extra dry ingredient added.

Storage: Store in the fridge for 5 days or in the freezer for a few months. If not stored in a cool place, they will go off quickly!