

## Double Chocolate Spelt Muffins

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### Double Chocolate Spelt Muffins

*Yields 12 smaller muffins or 8 larger muffins*

#### INGREDIENTS

1 3/4 cup spelt flour  
2 tsp baking powder  
1/2 tsp baking soda  
2 Tbsp raw cacao powder (you could simply use cocoa powder here instead)  
1/4 cup coconut sugar  
scant 1/2 cup 100% pure maple syrup  
1 cup non-dairy milk (I used almond)  
1/3 cup coconut oil, melted (you could also use butter here instead)  
1 egg or chia egg substitute (1 Tbsp ground chia seeds combined with 3 Tbsp hot water. Mix & let stand for a few minutes)  
1 tsp vanilla extract  
2/3 cup chocolate chips (reserve a handful for sprinkling top)



#### DIRECTIONS

1. Preheat oven to 400F. Line a muffin tin with papers or generously coat with coconut oil or butter.
2. In a large mixing bowl combine dry ingredients: spelt flour, baking powder, baking soda, raw cacao powder and coconut sugar.
3. In a small mixing bowl combine wet ingredients: maple syrup, non-dairy milk, coconut oil, egg or chia egg substitute and vanilla.
4. Make a small well in the large bowl with the dry ingredients. Pour wet into the well and combine well. Careful not to over mix.
5. Fold chocolate chips in, remembering to reserve a handful for sprinkling tops.
6. Spoon mixture into muffin tin and sprinkle the remaining chips on top.
7. Bake for 20 minutes or until a toothpick, inserted comes out clean. Allow muffins to cool for a few minutes before transferring to a cooling rack.

LINK: <http://valeriepiccitto.com/blog/double-chocolate-spelt-muffins>