

Chocolate-Chocolate Chip Muffins

Cooking Light Magazine

Servings: 12

Preparation Time: 12 minutes

Start to Finish Time: 27 minutes

TIPS FOR PERFECT MUFFINS

1. Leave a few lumps. Overstirring can toughen a muffin.
2. Spray the liners with cooking spray before adding batter.
3. Check for doneness early (about 5 minutes before specified time) since ovens can vary.
4. Cool in the pan for 5 minutes, then eat warm or remove to a rack so muffins don't get soggy.
5. Store correctly so muffins stay fresh. Keep in an airtight container for a day or two. Or wrap individually in plastic wrap, place all in a zip-top bag, and freeze up to one month. Thaw at room temperature or in microwave for 10 to 30 seconds.

1 3/4 cups all-purpose flour
1/2 cup packed brown sugar
1/4 cup unsweetened cocoa
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1 cup warm water
1/4 cup canola oil
1 tablespoon red wine vinegar
1 teaspoon vanilla extract
1 large egg, lightly beaten
1/2 cup semisweet chocolate minichips, divided
cooking spray

Preheat oven to 400 degrees.

Lightly spoon flour into dry measuring cup; level with a knife. Combine flour with brown sugar, cocoa, baking powder, baking soda and salt in a large bowl, stirring with a whisk. Make a well in center of mixture.

Combine water, oil, vinegar, vanilla and egg in a bowl; stirring well with a whisk. Stir in 1/4 cup of minichips. Add oil mixture, stirring just until moist.

Place twelve muffin-cup liners in muffin cups and coat liners with cooking spray. Divide batter evenly among prepared muffin cups. Sprinkle remaining minichips evenly over batter.

Bake for 15 minutes or until a wooden pick inserted in center comes out clean.

Cool for 5 minutes in pan on a wire rack.

Per Serving (excluding unknown items): 155 Calories; 5g Fat (30.7% calories from fat); 3g Protein; 24g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 201mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Fat; 1/2 Other Carbohydrates.