

Choko Muffins



Serves	12
Prep time	10 minutes
Cook time	20 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- Canola oil spray
- 1 cup Plain self-raising flour
- 1 cup Wholemeal self raising flour
- 1/2 cup Brown sugar (lightly packed)
- 80ml Sunflower Oil
- 2 Eggs (lightly beaten)
- 1 Poached choko (refer to recipe)
- 160ml milk

Directions

1. Pre-heat the oven to 180 C. Lightly grease a 12-hole muffin tray.
2. Mash the poached choko and drain any excess liquid.
3. Sift the flour and sugar into a large bowl, adding the husks back in.
4. In a separate bowl, combine the milk, oil and eggs.
5. Add the milk mixture to the flour and chokos and stir until just combined.
6. Spoon evenly into the muffin trays.
7. Bake for approximately 20 minutes, or until a skewer in the centre comes out clean.
8. Leave for 5 minutes then turn onto a wire rack to cool completely.
9. Store in an airtight container. The muffins can be frozen for longer storage.

Note

Low Chemical / Failsafe

Refer here for [Poached Choko](#) recipe.