

# Chocolate Muffins

Yield: 12 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chocolate-muffins-recipe-south-africa>

## Ingredients:

- 1 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3 tablespoons unsweetened cocoa powder dark, Hershey's Special Dark
- 3/4 cup sugar
- 3/4 cup semisweet chocolate chips plus 1/4 cup for sprinkling
- 1 cup milk
- 1/3 cup vegetable oil
- 1 large egg lightly beaten
- 2 teaspoons instant espresso granules dissolved in 2 teaspoons hot water
- 1 teaspoon pure vanilla extract

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 20 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 3 grams
8. Sodium: 160 milligrams
9. Sugar: 20 grams

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