

Chocolate Muffins

We use the muffin method and base, and change the ingredients slightly to make a chocolate version.

Ingredients

- 175 g wheat berries, soft
- 125 g milk, whole
- 59 g butter (melted)
- 5 g baking powder
- 145 g sugar, granulated
- 1 g sea salt
- 5 g extract, vanilla
- 100 g egg, whole (beaten)
- 175 g mix-ins

Directions

1. Preheat Oven to 350 F.
2. Combine liquid ingredients, including melted butter in the mixing bowl.
3. Add the dry ingredients.
4. Stir until JUST combined. Over mixing will make for tough muffins.
5. Add any mix-ins, just enough to combine.
6. Fill muffin cups equally.
7. Bake @ 350 F until 200 F in the center of the muffin.
8. Remove from oven and let cool before eating or decorating.

Notes

Mix-in Ideas

- chocolate chips
- white chocolate chips & cranberries
- mashed banana and walnuts
- blueberries, raspberries, strawberries
- pecans, pistachios, or other nuts
- dried cherries plus 1 tsp vanilla extract
- replace vanilla extract with citrus extract
- 1 tbsp maca root powder, 1 tbsp hemp seeds,

- and 2 tbsp raw cacao powder

Equipment

- [Balloon Whisk](#)
- [Lodge muffin pans - set of 2 for 12 cupcakes](#)
- [Muffin Cupcake Liners](#)
- [Pyrex Mixing Bowls Set](#)
- [Silicone Muffin / Cupcake Liners](#)