



Moist Double Chocolate Cauliflower "Rice" Muffins

Servings

12

Calories

240

Prep Time

10 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

- 1 ½ cups Mann's Cauliflower "Rice"
- 2 eggs
- ½ cup canola oil
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 1 cup granulated sugar
- 2 cups all purpose flour or gluten free baking mix
- ½ cup unsweetened cocoa powder
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup mini semi-sweet chocolate chips



The Method

Preheat oven to 400° F. Line standard size muffin tins with 2" X 1 1/4" paper liners. Microwave Mann's Cauliflower "Rice" uncovered, for 6 minutes

Whisk together the eggs, oil, vanilla, and buttermilk in a medium bowl until well blended. Stir in the cooked Cauliflower "Rice".

In another medium bowl whisk together the sugar, flour, cocoa, salt and chocolate chips. Add dry ingredients to wet and stir just until blended. Do not overmix. Divide batter equally into the 12 prepared muffin tins, and bake for 18-20 minutes, until a toothpick inserted into center comes out clean. Remove from oven and let muffins cool in tin for 10 minutes before removing to racks to cool completely. Muffins are best eaten the same day as baking but can be stored overnight in an airtight container or ziploc bag.



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Nutrition Facts

Servings Size: 88g Servings: 12

Amount Per Serving

Calories 240 | Calories from Fat 120 | Total Fat 14g (sat fat 3g trans 0g | Cholesterol 30mg | Sodium 280mg | Total Carbohydrate 25g | Dietary Fiber 2g | Sugars 8g | Protein 5g | Vitamin A 2% | Vitamin C 10% | Calcium 4% | Iron 8%