



Best-Ever Chocolate Chip Muffins



1 muffin (1/12th of recipe): 194 calories, 4.5g total fat (2.5g sat. fat), 233mg sodium, 35g carbs, 2.5g fiber, 18.5g sugars, 4g protein

Prep: 20 minutes **Cook:** 20 minutes

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Ingredients

1 1/2 cups whole-wheat flour
1/2 cup all-purpose flour
2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 cup no-sugar-added applesauce
2/3 cup granulated white sugar (or *HG Alternative*)
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
1/4 cup [light whipped butter or light buttery spread](#) (like Brummel & Brown)
1/4 cup light vanilla soymilk
1/4 tsp. vanilla extract
1/2 cup mini semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, combine both types of flour, baking powder, baking soda, and salt.

In medium-large bowl, combine remaining ingredients *except* chocolate chips, and whisk until uniform. Add mixture to the large bowl, and stir until just mixed and smooth. (Batter will be thick.) Fold in chocolate chips.

Evenly distribute batter among the cups of the muffin pan, and smooth out the surfaces.

Bake until a toothpick inserted into the center of a muffin comes out clean, 18 - 20 minutes. Enjoy!

MAKES 12 SERVINGS

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