

Chocolate Squash Muffins

Ingredients

- 1 cup mashed butternut squash
- 1 large egg
- 1/3 cup oil
- 1/3 cup sugar
- 1/4 cup cocoa powder
- 1 tsp baking soda
- 1 cup whole wheat flour
- 2/3 cup dark chocolate chips

Directions

1. Combine mashed squash, egg, and oil in a bowl and mix well.
2. Add sugar, cocoa powder, baking soda, and flour. Stir until just combined. Mix in the chocolate chips.
3. Spoon into 12 greased or lined muffin tins and bake at 375 degrees F for 12-15 minutes.

Nutrition Facts: 1 muffin: Calories: 180; Fat: 11 g; Saturated Fat: 3.5g; Sodium: 115mg; Total Carbohydrates: 22g; Fiber: 2g; Added Sugars: 4g; Protein: 3g; Vitamin D: 0mcg; Calcium: 10mg; Iron: 1mg; Potassium: 69mg



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