



# Chocolate Oat Muffins

## Ingredients

- 1 1/4 cups flour
- 1 cup hemp hearts (hemp hearts can be toasted for a bolder flavor)
- 1 cup sugar
- 3/4 cup oats
- 1/3 cup cocoa powder
- 3/4 cup dark chocolate chips
- 1 tablespoon baking powder - used low sodium
- 1 teaspoon salt
- 2 eggs
- 1 cup milk
- 1/2 cup butter, melted
- 1 teaspoon vanilla extract

## Directions

1. Preheat the oven to 400°F and place 6 liners into each well of your large size muffin baking pan.
2. In a medium bowl, whisk together all the dry ingredients and set aside.
3. In another bowl, whisk together the wet ingredients.
4. Pour the wet ingredients into the dry ingredients and stir together. Do not over mix, just stir until everything is incorporated into the batter.
5. It is helpful to use a large scoop (about 5 oz per muffin) to evenly distribute the batter into each well. They will be nearly full. This will help give your muffins a nice puffy dome.
6. Bake your muffins for 18-24 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Nutritional Facts	
Servings Per Batch	6
Serving Size	1 Muffin
Amount per Serving	
Calories	365
Carbs	37g
Fat	21g
Protein	10g

\*Nutritional Facts will vary depending on ingredients