

## **Chocolate Gingerbread Muffins**

*Did you know that cinnamon helps regulate blood sugar, helping you avoid the spike? Makes 1 dozen large, or 2 dozen small muffins.*

### **Dry:**

- 3 c. Quick Mix
- ½ c. cocoa
- ½ c. whole (or dark brown) sugar\*
- 1 tsp. ginger
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- ¼ tsp. cloves
- 1 c. chocolate chips

### **Wet:**

- 3 eggs
- 2/3 c. butter, melted\*\*
- ¼ c. blackstrap molasses
- 2 c. canned pumpkin\*\*\*

Combine dry ingredients in large bowl. Stir thoroughly. Make a well in centre.

Beat eggs in a medium bowl until frothy. Mix in remaining wet ingredients.. Pour into well. Stir only to moisten. (Batter will be lumpy.) Fill greased muffin cups  $\frac{3}{4}$  full. Bake in 400°F (200°C) oven for 20-25 minutes. Let stand 5 minutes. Remove from pan. Serve warm, slathered in butter.

\*Instead of sugar, 6 tbsp. maple syrup may be added to the wet ingredients. This will not make a significant difference in the consistency of the batter.

\*\*NEVER use a microwave to melt your butter, or for any other reason. Microwave cooking creates free radicals, which have been confirmed as a causative reason for cancer!

\*\*\*I once substituted buttermilk for pumpkin when I was out, and it was delicious.

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