Whole Wheat Double-Chocolate Avocado Muffins

(Makes 12-15 muffins)

Hardly diet friendly but truly delicious and a healthier option than most "treats." Use only oats that are quick-cooking.

The chocolate square on top is optional, but it gives the muffin a sort of "icing" feel and helps the salt stick to it.

1 cup whole wheat flour
1 1/2 cup All Purpose Flour
1/2 cup quick-cooking oats
1 cup unsweetened cocoa powder
1 Tbsp. baking powder
1/2 tsp. baking soda
1 cup cane sugar
1/4 tsp. table salt
1 large avocado
1 1/3 cup milk – 2%
1/4 cup plain yogurt (not Greek)
2 eggs
1 cup 70% or greater dark chocolate chips
12 small squares of 70% or greater dark chocolate, for garnish.
sea salt, for garnish

Preheat oven to 375. In a large bowl, mix together the flours, oats, cocoa, baking soda + powder, table salt and sugar. In a separate bowl, blend the avocado, milk and yogurt until smooth and creamy. Whisk in the eggs. Fold the wet ingredients into the dry until just combined (there should be no pockets of dry ingredients). Fold in the chocolate chips.

Fill a 12 muffin try with liners and fill each liner 3/4 the way full. Top each with a square of chocolate. Pop in the oven for 18-20 minutes, checking after 15 to make sure they aren't burning. Sprinkle each muffin with a little salt when they are right out of the oven. Repeat with any remaining batter.

Compliments of The Gouda Life