

FLOURLESS CHOCOLATE MUFFINS



Ingredients

3 eggs

1 cup (220 g) sugar

5 oz (140 g) almond flour (2 cups almond meal or finely ground almonds)

6 tablespoons unsweetened cocoa powder

2 tablespoons (1 fl oz) vegetable oil

1 teaspoon baking powder

2 teaspoons vanilla

Method

1. Preheat oven to 350 deg F (Gas mark 4 or 180 deg C).
2. Grease 6 large muffin tins or cups, or 12 normal muffin tins.
3. In a bowl beat the eggs with sugar for 3-5 minutes using an electric mixer.
4. Add the vegetable oil and mix well.
5. Add almond flour, cocoa powder, vanilla and baking powder, and mix gently.
6. Bake at 350 degrees until a wooden pick inserted in center comes out clean, approximately 35 minutes.

The Chocolate Muffins may be served hot or at room temperature.