
Chocolate-Cherry Muffins

Colleen Weeden

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Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

2/3 cup all-purpose flour
2/3 cup whole wheat flour
3/4 cup + 2 tablespoons regular rolled oats
1/4 cup packed brown sugar
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
2 eggs
1 1/2 cups plain Greek yogurt
1/4 cup almond butter or peanut butter
1/4 cup canola oil
1/2 cup dried tart red cherries, chopped
1/3 cup bittersweet chocolate, chopped
1 tablespoon sesame seeds, poppy seeds and/or flaxseeds

Preheat the oven to 400 degrees.

Line twelve 2-1/2-inch muffin cups with paper bake cups.

In a large bowl, stir together the all-purpose flour, whole wheat flour, 3/4 cup of the oats, the brown sugar, baking powder, baking soda and 1/2 teaspoon of salt.

In another bowl, whisk together the eggs, yogurt, almond butter and oil. Add the yogurt mixture all at once to the flour mixture. Stir just until moistened. Fold in the cherries and chocolate.

Spoon the batter into the muffin cups.

In a small bowl, stir together the remaining two tablespoons of oats and the seeds. Sprinkle the oat mixture over the batter.

Bake for 15 to 18 minutes or until golden. Cool in the muffin cup on a wire rack for 5 minutes.

Serve warm.

Yield: 12 muffins

Breads, Muffins

Per Serving (excluding unknown items): 1642 Calories; 91g Fat (47.7% calories from fat); 37g Protein; 189g Carbohydrate; 19g Dietary Fiber; 424mg Cholesterol; 1534mg Sodium. Exchanges: 8 1/2 Grain(Starch); 2 Lean Meat; 17 Fat; 3 1/2 Other Carbohydrates.