

# Double Chocolate Muffins

*\*\* Adapted from Sallys Baking Addition*

*Shannon Smith, RD, LD, CDCES*

These muffins make a great snack or a quick breakfast filled with chocolate in every bite.



## Notes:

- **Storage:** store at room temperature for 3 days or in the refrigerator for 5 days
- **Freezing:** Muffins can be frozen for up to 3 months.
- **Mini muffins:** Recipe will yield 30 mini muffins.  
Calories 99, fat 4g, sodium 59mg, carbohydrates 13g, fiber 1g and protein 2g.

Nutrition Facts	
14 servings per container	
<b>Serving size</b>	<b>1</b>
Amount Per Serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 12g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 5g	<b>10%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Ingredients:

- 1 cup all purpose flour
- 1 cup white whole wheat flour
- ½ cup sugar
- 1/8 cup monk fruit sweetener
- ½ cup unsweetened cocoa powder
- 1 tsp baking soda
- ¼ tsp salt
- 2 eggs
- 1/3 cup canola oil
- ½ cup skim milk
- ¾ cup vanilla Greek yogurt
- ½ cup semi sweet chocolate chips

## Directions:

1. Preheat oven to 425°F. Grease a 12 count muffin tin or line with muffin liners. This recipe will yield about 14 muffins.
2. In a bowl, whisk the eggs, oil, milk, yogurt and vanilla extract together. Set aside.
3. Using a large bowl, combine flours, sugar, monk fruit, cocoa powder, baking soda, and salt. Stir well. Add chocolate chips.
4. Pour the wet ingredients into the dry ingredients and mix well.
5. Divide the batter among the 12 muffin tins. Bake 5 minutes at 425°F, and then reduce oven temperature to 350°F and bake another 15 minutes.



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# Rice Cake Granola

*\*\* Adapted from Chop Chop  
Shannon Smith, RD, LD, CDCES*

A chunky and crunchy snack on the go. A mix between granola and granola bars.



## Notes:

- Sliced almonds may be substituted for the pumpkin seeds. A combination of sliced almonds and pumpkin seeds may be used.
- Be careful not to overcook, the tops will brown quickly.

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>2 pieces</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 9g	<b>18%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients:

- Non-stick cooking spray
- 4 rice cakes
- 2 tablespoons honey
- 1 tablespoon canola oil
- ¼ cup peanut butter
- ¼ cup pumpkin seeds
- 2 tablespoons chocolate chips

## Directions:

1. Preheat oven to 300 degrees and use non stick cooking spray to grease a baking pan.
2. Break the rice cakes into a total of ~17 pieces. Place them in a bowl and add pumpkin seeds and chocolate chips.
3. Combine the peanut butter, honey, and oil in a small bowl. Microwave until softened, ~45 seconds. Stir until smooth. Drizzle peanut butter mixture on top of the rice cake mixture and mix well.
4. Transfer the mixture to the baking pan and press down slightly using clean, oiled hands.
5. Bake for 15-20 minutes, or until golden brown. Store in an airtight container at room temperature.



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