

Chocolate Muffins (Serves 6)

Ingredients

3 egg whites

1 tablespoon black treacle

110g soft brown sugar

60ml orange juice

2 teaspoons vanilla essence

110g plain flour

2 teaspoons baking powder

¼ teaspoon salt

30g cocoa powder – check fat content on label

100ml MCT Oil

Method

1. Preheat the oven to 350°F/ 180°C/ Gas Mark 4.
2. Whisk the egg whites until stiff peaks form.
3. Combine and mix well all remaining ingredients in a bowl.
4. Fold in the egg whites and divide between 6 muffin cases.
5. Stand mixture for 30 minutes before baking in a preheated oven for 25 minutes.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics