

Chocolate Chip Bean Muffins

Ingredients:

- 2 (15-oz.) cans Great Northern beans, drained and rinsed
- 1/3 c. low-fat milk
- 1 c. sugar
- ¼ c. margarine
- 3 eggs
- 3 tsp. vanilla extract
- 1 c. all-purpose flour
- ½ c. whole wheat flour
- 1 tsp. baking soda
- ½ tsp. salt
- ¾ c. semi-sweet chocolate chips



Directions:

- Combine beans and milk in a food processor or blender until smooth. Mix sugar and butter in a large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in flours, baking soda and salt. Add in chocolate chips. Spoon mixture into 16 greased or paper-lined muffin tins about half full. Bake at 375 F for 20-25 minutes. Cool on wire racks.

Makes 16 servings. Per serving: 240 calories, 7 grams (g) fat, 37 g carbohydrate and 115 mg sodium.

NDSU EXTENSION
SERVICE