



## Raspberry Chocolate Chunk Muffins

makes 12 muffins

adapted from Pure Dessert by Alice Medrich

Good enough for dessert or an elegant brunch!

1 cup all-purpose flour  
1 cup whole wheat pastry flour  
1 Tbsp. baking powder  
¼ teaspoon ground nutmeg  
2/3 cup sugar  
2 eggs  
1 cup lowfat milk  
5 Tbsp. unsalted butter, melted  
pinch of salt  
3 ounces dark chocolate, chopped or 2/3 cup chocolate chips  
5 ounces frozen raspberries, not thawed, remove from freezer at very last minute

Preheat oven to 400 degrees. Put rack in lower third of oven.

Put paper wrappers in muffin tins.

In a small bowl combine flours, baking powder, nutmeg and salt.

In another bowl whisk eggs. Add sugar and whisk together. Whisk in milk and melted butter to mix well.

Pour liquid mixture into dry ingredients. Stir just till all ingredients are moist. Do not overbeat.

Add chocolate and frozen raspberries, stir very gently just until somewhat distributed in batter. Do not overbeat.

Spoon mixture into muffin tins. Bake 15-18 minutes, till a toothpick tests clean. Cool on a rack. Best served warm.

Note: If using fresh raspberries, place them in a single layer on a baking sheet and freeze till frozen.

### **Nutrition information per muffin:**

Calories: 215

Total Fat: 8g

Saturated Fat: 5g

Cholesterol: 45mg

Sodium: 144mg

Carbohydrate: 33g

Dietary Fiber: 3g

Protein: 5g