

# Eggless Chocolate Muffins- Muffins Recipes



*I love baking bread and cake at home but it had been a long time passion to make muffins in my home but after long wait, I made this yummy and moist muffins. I searched so many recipes in google but I wanted to try eggless so I got this recipe from this [blog](#). This recipe is very simple and delicious in taste.*

## **Ingredients**

**3/4 Cup of All Purpose Flour**  
**2 & 1/2 Tbsp of Cocoa Powder ( I used Swiss Miss)**  
**1/4 Cup + 2 Tbsp of Sugar**  
**1/2 Tsp of Baking Soda**

**1/4 Tsp of Salt**  
**1/4 Cup of Oil**  
**1/2 Cup of Milk**  
**1 Tsp of Vanilla Essence**  
**1 Tsp of Lemon Juice or Vinegar**

## **Method**



- **Sieve flour, baking soda, cocoa powder together in a bowl and then mix salt and sugar.**
- **In another bowl mix oil, water and vanilla.**
- **Now add oil-water mixture to a bowl containing flour.**
- **Pre-heat oven to 375 degree F. Meanwhile add lemon juice to a batter bowl and stir well.**



- **Pour the batter to a muffin liners in the muffin pan. Fill just 3/4<sup>th</sup> of the liners.**



- **Now keep muffin pan in oven and bake for 20-24 mins.**



- Check it by inserting tooth prick if it comes out clean then your muffins are done.



- Cool down the muffins for 20- 30 min and then carefully take it out from muffin pan.

### Tips

- For more sweetness, add condensed milk instead of sugar.
- You can add nuts if you want.
- You can use apple cider vinegar instead of lemon juice.
- It taste even better the next day.

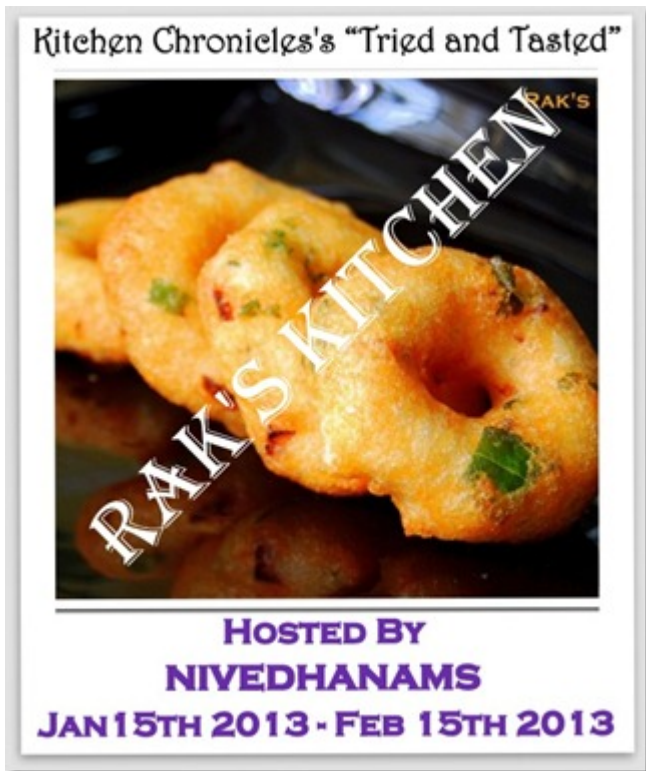


## Eggless Chocolate Muffins

### Health Benefits of Chocolate Muffins

- Adding cocoa in muffin is associated with decreased blood pressure, improved blood vessel improvement and improvement in cholesterol levels.

sending this recipe to



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## Grilled Guacamole Sandwich / Guacamole Recipe





*Avocados are considered as one of the healthiest food in the planet because it consists of 25 essential nutrients. Guacamole is an avocado based sauce originated in Mexico. Grilled guacamole sandwich is one of my favourite sandwich. Every week I eat this sandwich without fail. Making guacamole sandwiches with avocado and cheese is yummy, healthy and creamy in taste. Good to eat with a cup of tea or coffee.*

### **Ingredients**

- 2 Whole Wheat Bread**
- 4 Tbsp of Guacamole**
- 1 Tbsp of Mayonnaise or Veganaise**
- 1-2 Tbsp of Sharp Cheddar Cheese**
- 1 Tbsp of Ghee or Butter**

### **Method**



### Ingredients

- Apply ghee or butter on one side of each slice of bread.
- Apply mayonnaise, guacamole and cheese on each side of bread.
- Heat a skillet, place a butter side of bread onto skillet. Cover skillet with lid and grill until it changes its color and flip over, continue grilling until cheese is melted.
- Grilled guacamole sandwich is ready.

### Tips

- Serve with hot cup of tea or coffee.
- You can see [Guacamole](#) recipe in my blog.
- Use any sort of bread or cheese of your choice.





### Health Benefits of grilled guacamole sandwich

- Grilled guacamole sandwich consists of cheese placed between two slices of bread, then grilled in two tablespoons of butter. These are likely to increase your health benefits by adding guacamole, replacing white with whole grain bread and by using low-fat cheese and butter substitutes.
- Avocados are rich in folate and vitamin C.

Tags : [grilled guacamole sandwich](#), [guacamole sandwich](#), [avocado sandwich](#), [guacamole sandwich recipe](#), [breakfast sandwich recipe](#)

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# Pesarattu Dosa / Cherupayar Dosa / Green Moong Dal Dosa / Pacchaipayyar dosa



*Pesarattu is a lentil based pan cake which is more popular in Andhra Pradesh. It is made with green moong dal. This dosa is a powerhouse of protein and fiber. I got this recipe from mother-in-law. Good to eat with coconut or ginger chutney for weekend breakfast.*

## **Ingredients**

1/2 Cup of Green Moong Dal  
2 Tsp of Urad Dal (Optional)  
1/2 Inch Ginger

**4-5 Small Green Chillies**  
**1.5 Tsp of Cumin**  
**1/2 Cup of Chopped Onions**  
**1.5 Tbsp of Raw Rice Flour**  
**Pinch of Asafoetida**  
**Few Curry Leaves**  
**Salt, oil and water as needed**

### **Method**



**Ingredients to grind**



**Rest of the ingredients to the batter**

- **Soak the green moong dal and urad dal along with salt for overnight. The next day, drain the water and wash thoroughly for 2-3 times.**
- **In a blender, add green moong dal, urad dal, curry**



leaves, green chillies and ginger. Grind it to a smooth batter in consistency.

- Heat a pan and dry roast the cumin wait until color change.
- In a bowl, add dal batter, roasted cumin, rice flour, 1/4 cup of onion, asafoetida and salt. Mix well.
- Rest of the onion can be added later on top of the dosa.
- Add water if batter is too thick.
- Heat a dosa pan or tawa, take a laddle full of batter, spread it like dosa. Top it with chopped onion. Apply some oil over the dosa or in sides. Cook both sides until it turns crisp.
- Pesarattu dosa is ready to serve.



### Tips

- Serve hot dosa with coconut or ginger chutney or podi.
- You can add garlic, if you like.



- You can add more green chillies, if you want too spicy.
- Adding urad dal is optional. People in Andhra they don't add urad dal to this recipe but I added urad dal to get Tamilnadu touch.

### Health Benefits of Green Moong Dal Dosa

- Green Moong Dal is rich in protein
- 1 Cup of Dal is equal to 15 grams of fiber.
- Because of high fiber content, it is considered as low-glycemic.

