

GLUTEN FREE LACTOSE FREE CHOCOLATE MOUSSE MUFFINS



Makes 12-15

- * 250g (7oz) block of chocolate – preferably dark 70% cacao
- * 3 eggs (beaten)
- * 1/4 cup Self Raising (Gluten Free if you are coeliac)

Melt chocolate (in microwave 10 secs at a time until melted). Crack eggs into bowl with chocolate and beat well, then mix in 1/4 cup of the self raising/rising flour. Mix with a wooden spoon then spoon into patty cake papers (approx 12-15) and bake in a preheated oven for 20 mins at 180C/360F.

NOTE:

USE DAIRY FREE DARK CHOCOLATE IF YOU ARE LACTOSE INTOLERANT OR DAIRY FREE. I PERSONALLY USE 70% CACAO OR BETTER DARK CHOCOLATE.

IF YOU ARE NOT LACTOSE OR GLUTEN FREE THEN YOU CAN USE STANDARD SELF RAISING FLOUR AND THE CHOCOLATE OF YOUR CHOICE.