

Lactose free chocolate chip muffins *(Desserts)*



Preparation

Divide the egg whites from the yolks and beat the latter with the sugar until frothy; add the softened butter and whisk into the mixture; add the flour a little at a time, and then the cornflour mixed with the baking powder; add some grated lemon zest and milk; continue to mix. Take a bag and put the pieces of a chocolate bar in it. Close the bag and break the chocolate with the help of a rolling pin. Add the chocolate chips to the mixture and stir again; Separately beat the egg whites adding a pinch of salt; fold the egg whites into the first mixture and stir from the bottom up. Grease the muffin tins or cups and bake them in a preheated oven at 180°C for 20-25 minutes (the cooking time varies depending on the amount of mixture used for each muffin, so it is best to do the toothpick test)

Tips

Do you want to prepare your muffin personally taking care of every detail? Break up the chocolate and buy a tablet.

Trivia

Muffins, although they have now spread virtually, originally had some sweets for the servants of the noble families.

Information

Preparation 60 minutes

Total Time 25 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Italian 00 flour 150 grams

Sugar 150 grams

Eggs 4 units

Potato starch 100 grams

Butter 90 grams (Lactose free)

Lemon zest (To taste)

Baking powder (15g of baking powder)

Milk 125 millilitres (Lactose free)

Chocolate (Lactose free, to taste)

Salt (A pinch of salt)