

Black And White Muffins

Dark cake-like muffins with a sweet cream cheese filling. Fancy enough for dessert and especially good served warm with ice cream.

Block of cream cheese, softened	4 oz.	125 g
Granulated sugar	3 tbsp.	50 mL
All-purpose flour	2 cups	500 mL
Granulated sugar	1/2 cup	125 mL
Cocoa, sifted if lumpy	1/4 cup	60 mL
Baking powder	2 tsp.	10 mL
Baking soda	1/2 tsp.	2 mL
Salt	1/2 tsp.	2 mL
Large egg	1	1
Milk	1 cup	250 mL
Butter (or hard margarine), melted	1/2 cup	125 mL

Beat cream cheese and first amount of sugar in small bowl until smooth. Set aside.

Measure next 6 ingredients into large bowl. Stir. Make a well in centre.

Combine remaining 3 ingredients in separate small bowl. Add to well. Stir until just moistened. Fill 12 greased muffin cups 1/2 full.

Make small dent in batter with back of spoon. Spoon about 2 1/2 tsp. (12 mL) cream cheese mixture into each dent. Spoon remaining batter over top. Bake in 375°F (190°C) oven for 18 to 20 minutes until firm to the touch. Let stand in pan for 5 minutes before removing to wire rack to cool. Makes 12 muffins.

1 muffin: 255 Calories; 12.9 g Total Fat (3.7 g Mono, 0.6 g Poly, 7.8 g Sat); 52 mg Cholesterol; 31 g Carbohydrate; 1 g Fibre; 5 g Protein; 344 mg Sodium

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