

Low Sugar Muffins You Can Bake Today



Are you looking for low sugar muffins to serve your family? I was because baking is fun for me. Not only do I love baked goods, I love whipping up something yummy for my family. Most muffin mixes and recipes are loaded with sugar!

I used to love the packaged muffin mixes, you know the just add this and that and mix it up kind. That is until I started to change our family to more clean eating habits. To me clean eating does not mean we can't enjoy tasty treats and desserts, it means that we do so without the added junk of boxed mixes. I have found a lot of from scratch recipes I love, but hadn't found one for muffins yet. So, one day I did some research and came up with a few recipes I pulled from and ended up with this one.

Low Sugar Muffins, You Can Make Today!

Easy Recipes and Simple Ingredients

This recipe really does not take long to whip up either. I'm finished spooning the batter into the muffin pan before my oven is even finished preheating, that's how quickly you can enjoy these tasty muffins! An added bonus I've discovered is that this recipe with chocolate chips, or even blueberries, you do not need a whole lot of sugar. So many muffin recipes use way more sugar that I want to eat in a muffin. I don't need to feel guilty over the amount of sugar I have consumed by 8am. I have made these with dark chocolate chips and but semisweet chocolate chips would be tasty too! This recipe also works for berries! I hope you enjoy them as much as we do!



Dark Chocolate Chip Muffins

(recipe for low sugar muffins)

Makes 12 muffins

Preheat oven to 400 degrees F

Bake time 15-20 minutes

Ingredients

1 and 1/2 cups all purpose flour

1/3 cup of sugar

2 tsp baking powder

3/4 tsp sea salt

1 beaten egg

3/4 cup milk

1/4 cup coconut oil, melted

1 Cup Dark Chocolate Chips or 1 cup of berries

Mix Up the Goodness!

1. Grease muffin tray cups or line with paper cup liners
2. In a mixing bowl combine dry ingredients
3. In another bowl combine wet ingredients
4. Add wet ingredients to dry ingredients all at once and mix until moistened, don't over mix.
5. Add in chocolate chips or berries
6. Spoon batter into the muffin cups about 2/3 full
7. Bake 15-20 minutes at 400 degrees until golden brown and a toothpick inserted into the middle comes out clean.

You can also use semi sweet chocolate chips and this works well for blueberry muffins as well!

Banana Muffins or Bread

Next, I turned my thoughts to the family recipe for banana bread. The recipe had been used by all of us for years. Its easy and standard with a lot of butter and lots of sugar! The butter part doesn't bother me as much as eating the large amount of sugar does. So I decided to make some changes to the recipe. Honey was considered but the conversion would still require a lot of honey. I thought, why not just reduce the sugar and see if it works. I adjusted the fats too, because I was feeling daring.

Banana Bread or Muffins

A low sugar muffins recipe

makes 12 muffins

1 1/2 cup flour

1 tsp baking soda

3/4 tsp sea salt

1/4 cup of butter softened

1/4 cup of coconut oil softened

1/2 cup of sugar

1 egg

3 bananas mashed

1/4 cup of buttermilk

Mix together the dry ingredients in a small bowl. In a large bowl, cream the butter, coconut oil, and sugar together. In a third bowl, mash the bananas. Add the buttermilk and the egg. Mix well. Alternate adding the dry ingredients and the banana mixture to the butter and sugar. Mix just until combined.

Options for Banana Muffin Batter for Low Sugar Muffins

Banana Bread – Grease a loaf pan. Spread the batter in the loaf pan. Bake in a preheated 350 F oven for 50 minutes. (test with a toothpick inserted in center) Remove from oven, let cool for about 10 minutes in pan. Turn the loaf out of the pan onto a cooling rack. Allow to cool before slicing.

Banana Muffins – Grease muffin tin or use the cupcake liners. Fill the individual muffin slots about 2/3 full.

Bake muffins in a preheated 350 F oven for 15 to 18 minutes
Cool on a baking rack.

Keep scrolling for the printable recipe cards. Please share your ideas for low sugar muffins and other baked goods in the comments.

Gluten Free Needed?

Try this recipe for [Healthy Apple Cinnamon Muffins!](#)



Banana Muffins or Bread
2015-06-26 04:09:36



Serves 12
A low sugar variation on banana muffins
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Prep Time

10 min

Prep Time

10 min

Ingredients

1. 1 1/2 cup flour
2. 1 tsp baking soda
3. 3/4 tsp sea salt
4. 1/4 cup of butter softened
5. 1/4 cup of coconut oil softened
6. 1/2 cup of sugar
7. 1 egg
8. 3 bananas mashed
9. 1/4 cup of buttermilk

Instructions

1. Banana Bread or Muffins
2. Mix together the dry ingredients in a small bowl. In a large bowl, cream the butter, coconut oil, and sugar together. In a third bowl, mash the bananas. Add the buttermilk and the egg. Mix well. Alternate adding the dry ingredients and the banana mixture to the butter and sugar. Mix just until combined.
3. Banana Bread - Grease a loaf pan. Spread the batter in the loaf pan. Bake in a preheated 350 F oven for 50 minutes.(check doneness with a toothpick inserted into the center of the loaf. It should come out without batter on it) Remove from oven, let cool for about 10 minutes in pan. Turn the loaf out of the pan onto a cooling rack. Allow to cool before slicing.
4. Banana Muffins - Grease muffin tin or use the cupcake liners. Fill the individual muffin slots about 2/3 full.
5. Bake muffins in a preheated 350 F oven for 15 to 18 minutes until the center is baked, when tested with a toothpick.

6. Cool on a baking rack.

By Michelle Fraser

Adapted from family recipe

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Timber Creek Farm <https://timbercreekfarmer.com/>



Dark Chocolate Muffins

2015-06-26 04:18:31



Serves 12

A low sugar muffin recipe

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Print

Prep Time

10 min

Prep Time

10 min

Ingredients

1. 1 $\frac{3}{4}$ cups all purpose flour
2. 1/3 cup of sugar
3. 2 tsp baking powder
4. $\frac{1}{4}$ tsp sea salt
5. 1 beaten egg
6. $\frac{3}{4}$ cup milk
7. $\frac{1}{4}$ cup coconut oil, melted
8. 1 Cup Dark Chocolate Chips

Instructions

1. Preheat oven to 400 F
2. Grease muffin tray cups or line with paper cup liners
3. In a mixing bowl combine dry ingredients
4. In another bowl combine wet ingredients
5. Add wet ingredients to dry ingredients all at once and mix until moistened, don't over mix.
6. Add in chocolate chips
7. Spoon batter into the muffin cups about 2/3 full
8. Bake 15-20 minutes at 400 degrees until golden brown and a toothpick inserted into the middle comes out clean.
9. You can also use semi sweet chocolate chips and this works well for blue berry muffins as well!

By Michelle Fraser

Timber Creek Farm <https://timbercreekfarmer.com/>

Feeling adventurous? You could try this recipe for [Corn Cob Jelly – Low Sugar from Homestead Lady](#)

Pin the recipes for later

