

Jittery Flourless Chocolate Muffins

- 3 eggs, whites and yolks separated
- 5.8 oz good quality 70% dark chocolate, or your favourite chocolate
- 1/4 c pecans, crumbled
- 2 T cacao nibs
- 1/2 t powdered sugar, garnish
- fresh fruit, garnish

Preheat oven to 325F.

Melt chocolate in a double boiler, transfer to a large bowl and let it cool. Stir in yolks.

In a large bowl, whisk egg whites until they have soft peaks. Adding 1/3 at a time, use a spatula to gently mix the whipped egg whites into the chocolate. Gently mix in pecans and nibs, then distribute the mixture into 8 – 10 small silicone muffin cups and bake on a baking pan for 25 minutes.

Cool muffins, then gently remove them from cups. Sprinkle with powdered sugar and serve with fresh fruit. Serves 8 - 10.

Jittery Cook