**Skinny chocolate & cranberry muffins**

**Makes 12 (200kcals per cake)**

* 250g self-raising flour
* 1 tbsp cocoa powder
* 1 tsp baking powder
* 1 tsp cinnamon
* 85g light muscovado sugar
* 85g dried cranberries
* 25g dark chocolate, chopped
* 125g tub low-fat yoghurt
* 125ml skimmed milk
* 3 tbsp olive oil
* 1 egg, lightly beaten

1. Heat oven to 180C/160C fan/gas 4. Line a 12-hole muffin tin with paper cases. Sift the flour, cocoa, baking powder and cinnamon into a bowl. Stir in the sugar and cranberries. Microwave the chocolate on Medium for 1-1½ mins, stir, then set aside.
2. Mix the yogurt and milk with the oil and egg. Make a well in centre of the dry mix and gently stir in the liquid. Drizzle half the chocolate over the mix, gently fold in until swirled, then repeat with the remaining chocolate. Take care not to over-mix. Spoon the mix into the muffin cases and bake for 15-20 mins until risen and firm to the touch.