

LOVE THY CARROT

real food made with love

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VEGAN PUMPKIN MUFFINS, GLUTEN-FREE AND SUGAR FREE

This recipe makes 10 muffins.

INGREDIENTS

2 tbsp ground flax mixed into 3 tbsp water, this is your 'flax egg'
1/3 cup almond milk mixed with 1 tsp apple cider vinegar
1 1/2 cups oat flour
1 cup almond flour
1 tsp baking soda
1/2 tsp baking powder
2 tsp cinnamon
1/2 tsp cloves
1/2 tsp ginger
1/4 tsp nutmeg
1/4 tsp salt
3/4 cup pumpkin puree, unsweetened
1/4 cup pure maple syrup
2 tsp vanilla extract
2 tbsp tahini
1/2 - 1 cup - of mix in's: like chocolate chips, dried cranberries, fresh or frozen fruit, nuts or any dried fruit you like, (I used frozen cranberries for this batch).
handful of pumpkin seeds for garnish

DIRECTIONS

1. Preheat the oven to 350°F and line with muffin liners.
2. In a small bowl, combine ground flax and water. Stir and let sit for 10 minutes to "gel."
3. In a measuring cup, combine the almond milk and apple cider vinegar then set aside.
4. In a medium mixing bowl, add the oat flour, almond flour, baking soda, baking powder, cinnamon, cloves, ginger, nutmeg and salt; stir together
5. In another mixing bowl, combine the pumpkin puree, maple syrup, vanilla and almond milk, tahini and flax egg mix until well combined and batter has a smooth consistency.
6. Add the dry ingredients to the wet ingredients and fold everything together until just combined. Stir in the cranberries or your choice of mix-in's.
7. Portion the batter out into the prepared muffin tin and top with a sprinkle of pumpkin seeds. Bake for 30 - 35 minutes or until a toothpick inserted into the centre of a muffin comes out clean.
8. Let cool in pan for 5 minutes before transferring to a cooling rack. Let cool an additional 10 minutes before enjoying.

COOKS NOTES

If you don't have tahini you could use any nut butter or melted coconut oil.