

Chocolate and Peanut Butter Vegan Muffins



Indulge in the perfect vegan treat with our Chocolate Peanut Butter Muffins. These delectable delights combine rich chocolate with creamy peanut butter for a mouthwatering and guilt-free experience. Enjoy the irresistible flavors in every bite!

Preparation 15 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 190

Fat 10

Carbohydrates 31

Fibre 5

Protein 6

Sodium 115

Ingredients

- 375 ml (1 ½ cups) all-purpose flour
- 250 ml (1 cup) psyllium cereal (All Bran Buds type)
- 125 ml (½ cup) brown sugar
- 80 ml (1/3 cup) dried fruit of your choice (apricots, cranberries, dates, figs, mangoes)
- 45 ml (3 tbsp) cocoa

- 45 ml (3 tbsp) ground flaxseed
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) ground cinnamon
- 1 ml (1/4 tsp) salt
- 375 ml (1 ½ cups) unsweetened vegetable drink
- 80 ml (1/3 cup) vegetable oil

Toppings

- 60 ml (4 tbsp) peanut butter
- Chopped almonds (optional)
- Chia seeds (optional)

Preparation

1. Preheat the oven to 180°C (350°F) and grease 12 muffin cups.
2. In a large bowl, combine flour, All Bran Buds, brown sugar, dried fruit, cocoa, flax seed, baking powder, cinnamon and salt.
3. Stir in vegetable drink and oil. Mix until batter is smooth.
4. Divide the mixture among 12 muffin cups, then make a small hole in the center of each muffin with the handle of a small spoon.
5. Put about 5 mL (1 tsp.) of peanut butter in the hole, again with the handle of a small spoon.
6. Add a few chopped almonds and chia seeds if desired, then bake for 15 minutes.

Notes

Baked muffins can be stored in an airtight container on the counter for up to 3 days or one month in the freezer.



Gabrielle Simard – Créatrice culinaire
Culinary Creator