

Oats and Raisin Chickpea Muffins



Discover our chickpea, raisin, and oat muffins—a nutritious and delicious snack to satisfy your cravings. With their soft texture and savoury taste, these muffins are perfect for a wholesome snack. I love making a double batch to freeze, so I always have a hearty snack on hand.

Preparation 10 min

Cooking 25 min

Servings 16

Nutrition Facts (per serving)

Calories 150

Fat 3

Carbohydrates 25

Fibre 5

Protein 6

Sodium 90

Ingredients

- 1 can (540 ml / 19 oz) of chickpeas, rinsed and drained
- 250 ml (1 cup) high-protein milk (or regular milk)
- 2 large eggs
- 125 ml (½ cup) unsweetened applesauce

- 60 ml (¼ cup) maple syrup
- 10 ml (2 tsp) vanilla extract
- 375 ml (1 ½ cups) quick oats
- 125 ml (½ cup) raisins
- 60 ml (¼ cup) walnuts
- 45 ml (3 tbsp) brown sugar
- 45 ml (3 tbsp) psyllium
- 15 ml (1 tbsp) cinnamon
- 15 ml (1 tbsp) apple cider vinegar
- 10 ml (2 tsp) baking powder
- 1 pinch of salt

Preparation

1. Preheat the oven to 350°F (180°C). Prepare muffin tins.
2. In a food processor, blend the chickpeas with the milk.
3. In a large bowl, combine the wet ingredients, add the chickpea puree, and mix well until smooth.
4. Add the dry ingredients and mix thoroughly.
5. Divide the mixture into 16 muffin tins and bake for about 25 minutes or until a toothpick comes out clean.

Notes

Keep in an airtight container in the refrigerator for 5-7 days or freeze for up to 3 months.



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