

Vegan Chocolate Pumpkin Muffins



Discover our delightful chocolate-pumpkin muffin recipe. A gourmet fusion of flavors, perfect for satisfying your cravings while sticking to a vegan option.

Preparation 15 min

Cooking 40 min

Servings 12

Nutrition Facts (per serving)

Calories 155

Fat 6

Carbohydrates 27

Fibre 5

Protein 4

Sodium 6

Ingredients

- 250 ml (1 cup) of pumpkin puree
- 250 ml (1 cup) of unsweetened applesauce
- 15 ml (1 tablespoon) of chia seeds
- 60 ml (1/4 cup) of maple syrup
- 5 ml (1 teaspoon) of vanilla
- 375 ml (1 ½ cups) of nutri flour

- 125 ml (1/2 cup) of cocoa
- 5 ml (1 teaspoon) of baking soda
- 2.5 ml (1/2 teaspoon) of baking powder
- 5 ml (1 teaspoon) of cinnamon
- 1 ml (1/4 teaspoon) of cloves
- 1 ml (1/4 teaspoon) of nutmeg
- Pinch of salt 125 ml (1/2 cup) of dark chocolate chips

Preparation

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, mix together the pumpkin puree, applesauce, chia seeds, maple syrup, and vanilla.
3. In another medium-sized bowl, combine the nutri flour (all-purpose), ground almonds, cocoa, baking soda, baking powder, cinnamon, cloves, nutmeg, salt, and chocolate chips.
4. Incorporate the dry ingredients into the wet ingredients and mix.
5. Divide the batter into muffin molds (ideally silicone, otherwise use paper liners).
6. Bake for 40 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Notes



Catherine Bazinet – Nutritionniste Diététiste à Granby
Registered Dietitian Nutritionist in Granby