

Chocolate Pumpkin Muffins

Yield: 18 muffins

Serving: 18

Ingredients

1 **flax egg** (*1 tbsp ground flax + 3 tbsp water*)

1.25 C **soy milk**

2 tsp **apple cider vinegar** (*or lemon juice*)

2 cups **whole wheat pastry flour**

$\frac{1}{3}$ cup **cocoa powder**

1 tbsp **baking powder**

1 tsp **baking soda**

$\frac{1}{2}$ tsp **fine grain sea salt**

1 tsp **vanilla extract**

$\frac{1}{2}$ C **pure maple syrup**

1.25 C **pumpkin puree**

$\frac{1}{3}$ cup **dark chocolate chips** (*Enjoy Life mini chips*)

Directions

Preheat oven to 350F and set out your muffin tins.

Mix flax egg in a small bowl (1T. flax plus 3T. water) and set aside.

Mix soy milk and apple cider vinegar (or sub fresh lemon juice) in a small bowl and set aside. It will curdle (making vegan buttermilk).

In a large mixing bowl, mix together the dry ingredients (flour, cocoa powder, baking powder, baking soda, salt).

Mix together the wet ingredients (flax egg, pumpkin puree, soy milk mixture, maple syrup, and vanilla) and then pour over dry ingredients. Stir until just combined. Fold in the chocolate chips.

Spoon batter into prepared muffin tin filling each tin $\frac{3}{4}$ of the way full. Bake for about 20 minutes at 350F, or until muffins slowly spring back when touched. A toothpick should come out mostly clean. Cool in tin for 5 minutes. With a knife, loosen around the muffin edge and transfer to a cooling rack until completely cool.

