
Healthy Vegan Morning Glory Muffins

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Makes 12

Ingredients:

Muffins:

- 1 tablespoon flax seeds
- 1/4 cup water
- 1 cup almond milk
- 1 tablespoon apple cider vinegar
- 1 cup spelt or whole wheat flour
- 1/2 cup quick oats
- 1/2 cup rolled oats
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/3 cup honey or maple syrup
- 1/3 cup coconut or brown sugar
- 1/2 cup apple sauce
- 1 teaspoon vanilla
- 1/2 cup coconut oil
- 1/2 cup grated apple
- 1/2 cup grated carrot
- 1/2 cup raw pecans, roughly chopped
- 1/2 cup unsweetened shredded coconut

Crumble Topping:

- 1/2 cup spelt or whole wheat flour
- 1 teaspoon cinnamon
- 3 tablespoon coconut or brown sugar
- 1/2 cup rolled oats
- 1/4 cup coconut oil (use butter flavor if you have it)
- 1 tablespoon honey
- 1/4 cup pumpkin seeds

Instructions:

1. Preheat oven to 400 F. Line 12 muffin cups with muffin liners. Place muffin pan on baking sheet.
2. Finely grind the flaxseeds to a powder, then add the water and whisk well. Set aside to thicken. This will act like an egg in the muffins.
3. Mix the almond milk with the apple cider vinegar and set aside to curdle – this is a replacement for buttermilk and will help the muffins rise more.
4. Prepare the topping by rubbing together the flour, sugar and coconut oil until crumbly. Mix in the oats followed by honey and pumpkin seeds. Set aside.
5. In a large bowl whisk together the flour, oats, baking powder Set aside., baking soda, cinnamon, and salt. Set aside.

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6. In a large bowl, whisk the flax egg with the almond milk. Add in the oil, sugar, honey, apple sauce and vanilla. Whisk to combine. Add in the apples and carrots.
 7. Add the wet to dry and fold adding in the pecans and coconut in the last strokes.
 8. Divide the batter evenly among the muffin liners, top equally with the oat crumble topping.
 9. Place in oven, and bake for 10 mins. Then lower temperature to 350 F and bake 15-20 minutes or until muffins test done or spring back when gently touched with a fingertip.