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 \(\Bar{\}\) 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.

- 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.