

vegan pumpkin muffins (with pecans!)



5 from 9 reviews



Prep Time: 20 mins *Cook Time:* 30 mins *Yield:* 12 *Category:* Dessert, Breakfast *Cuisine:* Vegan

DESCRIPTION

Perfectly moist vegan pumpkin muffins packed with pumpkin flavor and pecans! Deliciously fall flavored goodness, delicious served with or without vegan butter.

INGREDIENTS

2 cups (250g) All Purpose Flour
1 cup (200g) Brown Sugar
1/2 cup (100g) White Sugar
1 tsp Baking Soda
1 tsp Baking Powder
1/2 tsp Salt
3 and 1/2 tsp Pumpkin Pie Spice (homemade or store bought)
1 and 1/2 cups (337g) Pumpkin Purée (not pumpkin pie filling)
1 tsp Vanilla Extract
1/4 cup (60ml) Coconut Oil (Melted)
1 Tbsp Apple Cider Vinegar
1 Flax Egg
1 cup (109g) Pecan Nuts (broken up)

INSTRUCTIONS

- 1 Preheat the oven to 350°F (180°C).
- 2 Sift the flour into a mixing bowl and add the brown and white sugar, baking soda, baking powder, salt and pumpkin pie spice.
- 3 Prepare your flax egg by adding 1 Tbsp of ground flaxseed meal to a bowl and then pouring in 3 Tbsp of hot water and allowing to sit for a minute to become gloopy.
- 4 Then add the pumpkin puree, vanilla, melted coconut oil and apple cider vinegar to the mixing bowl.
- 5 Add your flax egg.
- 6 Mix together with a spoon until well combined. The batter will be thick.
- 7 Lastly, add the pecan nuts and stir in.
- 8 Spray a muffin tray with non stick spray and then divide the batter evenly amongst the muffin partitions.
- 9 Bake in the oven for 30 minutes or until a toothpick inserted into the center of one of the muffins comes out clean.
- 10 Transfer the muffins to a wire cooling rack.
- 11 Cut open and spread with vegan butter or enjoy them whole.

NOTES

*Recipe adapted from our [Vegan Pumpkin Cupcakes](#).

NUTRITION