



Recipe of the Month – January

Pumpkin Chocolate Chip Muffins (Vegan)

- 1 flax egg (1 Tbsp ground flaxseed mixed with 3 Tbsp water. Let sit in fridge for 5 minutes)
 - 1/2 cup pumpkin puree
 - 1 cup almond milk + 1 Tbsp lemon juice (or buttermilk)
 - 1/2 cup brown sugar
 - 2 Tbsp canola oil
 - 1 tsp vanilla extract
 - 1 tsp baking powder
 - 1/2 tsp baking soda
 - 1/4 tsp salt
 - 1 tsp cinnamon
 - 3/4 cup whole wheat flour
 - 3/4 cup unbleached all purpose flour
 - 1/3 cup semisweet chocolate chips
1. Preheat oven to 375 degrees and line muffin tin with paper liners.
 2. Prepare flax egg – rest for 5 minutes
 3. Add pumpkin puree, almond milk, brown sugar, oil and vanilla extract and stir. Then add salt, baking soda and powder and cinnamon and whisk.
 4. Place flour into a sifter and sift over wet ingredients and stir.
 5. Add chocolate chips and stir again lightly until just incorporated. If batter appears thick, add a splash of almond milk or orange juice.
 6. Spoon into paper liner muffin tins until almost completely full.
 7. Bake for 22-28 minutes (until toothpick inserted into center comes out clean).
 8. Rest in pan for 5 minutes, transfer to wire rack to cool completely. Store in air-tight container or bag. Freeze for long term storage.