



Makes 12 muffins
Preparation Time: 10 minutes
Cook Time: 30 minutes

INGREDIENTS:

1½ cups spelt flour
½ cup oat flour
2½ teaspoons ground cinnamon
½ teaspoon sea salt
2 teaspoons baking powder
½ teaspoon baking soda
½ cup plain vegan yogurt
½ cup pure maple syrup
½ cup unsweetened, unflavored plant-based milk
2 tablespoons raisins
2 teaspoons pure vanilla extract
⅓ cup chopped pitted dates
2 tablespoons pure cane sugar

Vegan Cinnamon Bun Muffins

Start your morning on a sweet note with these tantalizing vegan cinnamon muffins from Dreena Burton. A blend of spelt and oat flours creates a fluffy texture that locks in the warming flavors of cinnamon, vanilla, and maple syrup, while raisins add pockets of natural sweetness throughout the batter. Vegan yogurt ensures a perfectly moist end result, but the best part of these baked goodies is the cinnamon-sugar date paste topping. Sprinkled on top just before going in the oven, this gooey, melt-in-your-mouth garnish is the perfect whole-food, plant-based way to enjoy a cinnamon roll without all the processed ingredients. Enjoy this recipe as a light breakfast, an **afternoon snack**, or dessert!

Recipe by Dreena Burton for forksmealplanner.com

For more vegan muffin recipes, check out these tasty ideas:

- [Ginger-Peach Breakfast Muffins](#)
- [Vegan Strawberry-Rhubarb Muffins](#)
- [Pumpkin Spice Muffins](#)
- [Whole-Wheat Berry Muffins](#)

By Dreena Burton

- 1** Preheat oven to 350°F. Line twelve 2½-inch muffin cups with paper liners or use silicone muffin cups. In a large bowl combine flours, 1½ teaspoons of the cinnamon, and ¼ teaspoon of the salt. Sift baking powder and baking soda into bowl; mix well.
- 2** In a medium bowl stir together the next five ingredients (through vanilla). Add to flour mixture. Stir just until flour is moistened. (Do not overmix.) Spoon into prepared muffin cups.
- 3** In a small bowl stir together dates, sugar, and the remaining 1 teaspoons cinnamon and ¼ teaspoon salt. Rub mixture together with your fingertips until small clumps form. Spoon 1 to 2 teaspoons date mixture over batter in each muffin cup.
- 4** Bake 20 minutes or until muffins are set to the touch. Let stand in cups 10 minutes. Remove muffins from cups and cool completely on a wire rack. Sprinkle with any remaining date mixture.