



Makes 12 muffins
Cook Time: 30 minutes

INGREDIENTS:

1 medium banana, mashed
1 (15-ounce) can pumpkin puree
¼ cup pure maple syrup
1 teaspoon vanilla extract
2 cups whole oat flour
½ teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ teaspoon ground ginger
1 cup grain-sweetened dairy-free chocolate chips

Chocolate Chip Pumpkin Muffins

These vegan chocolate chip pumpkin muffins are great for a crowd and so delicious. Pumpkin puree and mashed banana add enough natural sweetness that you only need a little bit of added sweetener (maple syrup) and vegan chocolate chips to make a truly decadent-tasting muffin.

Recipe adapted from Julieanna Hever's Blueberry Oat Breakfast Muffins in *Forks Over Knives: The Plant-Based Way to Health*, edited by Gene Stone

By Julieanna Hever

- 1 Preheat oven to 375°F. In a large bowl, combine mashed banana, pumpkin puree, maple syrup, and vanilla.
- 2 In a small bowl, combine oat flour, baking soda, baking powder, salt, cinnamon, nutmeg, and ginger. Transfer mixture to large bowl and mix together gently until well combined. Avoid over-mixing to prevent toughness in the final product. Fold in chocolate chips.
- 3 Spoon batter into silicon muffin cups and bake for 20 minutes or until the muffins are lightly browned. Remove muffins from the oven and let cool for 5 minutes. Store muffins in an airtight container.