# Vegan Pumpkin Chip Muffins

## By: Megan Bell, JWU Student, Senior in Culinary Nutrition & Clinical Dietetics

*A light and fluffy fall-flavored, spiced muffin*

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| **Yield:** | 20 muffins | **Serving Size**: | 1 muffin | **Number of Servings**: | 20 |

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| **Ingredients**: | **US Standard** |

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| Sugar, granulated | 1 ⅓ cups |
| Soy butter (Earth balance), softened | ½ cup |
| Vanilla extract | 1 teaspoon |
| Egg replacement  Pumpkin, canned | 1 egg (2 Tablespoons water plus 1 Tablespoon powder)  1 cup |
| Water  Flour, all-purpose | ⅓ cup  1 ⅔ cups |
| Baking powder | ½ teaspoon |
| Baking soda  Salt, kosher | 1 teaspoon  ½ teaspoon |
| Cinnamon | 2 teaspoons |
| Nutmeg | 1 teaspoon |
| Ground ginger  Semisweet chocolate chips | 1 teaspoon  1 bag |

**Method of Preparation:**

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|  | 1. Gather all ingredients and equipment. 2. Preheat oven to 350° Fahrenheit. |
|  | 1. In bowl, cream sugar and soy butter until well blended. |
|  | 1. Add vanilla extract and egg replacement. Stir until combined. 2. Add canned pumpkin; combine. 3. In separate bowl, combine all dry ingredients and mix. |
|  | 1. Add dry ingredients and water to creamed mixture, alternating the two. 2. Fold in chocolate chips and stir just until combined. |
|  | 1. Spray muffin pan with pan spray or fill with cupcake liners. 2. Portion batter into muffin pans, filling each halfway. 3. Bake 18-20 minutes, or until sides pull away from edge and toothpick in center comes out clean. |

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| **Notes:** May use a mixer to prepare batter or mix by hand. Other egg replacers, such as ener-g egg replacer can be used, as well, just follow conversions on package. | | | | | | | | | |
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| **Nutritional Analysis:** Per serving | | | | | | | | | |
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| Calories: | 219.4 kcal | Fiber: | | 1.81 g | | Calcium: | | 30.02 mg | |
| Total Fat: | 9.69 g | Cholesterol: | | 0 mg | | Iron: | | 0.89 mg | |
| Saturated Fat: | 4.49 g | B-6: | | 0.02 mg | | Sodium: | | 174.53 mg | |
| Mono Fat: | 3.11 g | Vitamin B-12: | | 0 mcg | | Omega 3s: | | 0.02 g | |
| Protein: | 1.95 g | Vitamin D: | | 0 mcg | | Folate: | | 6.5 mcg | |
| Carbohydrates: | 34.03 g | Vitamin K: | 3.03 mcg | | Potassium: | | 101.86 mg | |