# 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 replacementPumpkin, canned | 1 egg (2 Tablespoons water plus 1 Tablespoon powder)1 cup |
| WaterFlour, all-purpose | ⅓ cup1 ⅔ cups |
| Baking powder | ½ teaspoon |
| Baking sodaSalt, kosher | 1 teaspoon½ teaspoon  |
| Cinnamon | 2 teaspoons  |
| Nutmeg | 1 teaspoon |
| Ground gingerSemisweet 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.
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|  | 1. In bowl, cream sugar and soy butter until well blended.
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|  | 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.
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|  | 1. Add dry ingredients and water to creamed mixture, alternating the two.
2. Fold in chocolate chips and stir just until combined.
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|  | 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 |