

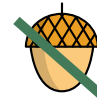
Vegan Muffins

RECIPES, TIPS & SUBSTITUTIONS!



VEGAN RAISIN BRAN MUFFINS

Made with minimal ingredients and full of fiber, these Vegan Raisin Bran Muffins are a hearty, delicious way to start your day! Plus, they're a fun way to use up a box of cereal!



NUT-FREE



SOY FREE

Prep Time: 10 minutes

Total Time: 30 mins

Serves: 16

2 cups non-dairy milk
2 tablespoons apple cider vinegar
1/2 cup neutral oil
3/4 cup coconut sugar
6 tablespoons aquafaba*
4 cups raisin bran cereal
(or bran flakes cereal)**
2 cups whole wheat flour
2 teaspoons baking soda
1 teaspoon salt

FAITH'S TIPS

*Aquafaba is simply the liquid from a can of chickpeas.

**Make sure that the brand of cereal you are using is vegan if you want these muffins to be entirely vegan! I like to use bran flakes instead of raisin bran as it contains less sugar. If you use bran flakes, you can always fold in a handful of raisins to the batter if desired.

1. Preheat your oven to 400 degrees and line 16 muffin cups with silicone muffin liners or grease the cups with cooking spray. You can also make 8-9 jumbo muffins! Set the tins aside while you prepare the batter.

2. To make the vegan buttermilk, place 2 tablespoons of apple cider vinegar into a liquid measuring cup. Next add your non-dairy milk up to the 2 cup line. Allow the mixture to sit for 5 minutes.

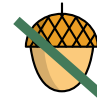
3. In the bowl of a stand mixer (or using a mixing bowl and whisk), mix together the oil and sugar until combined. Add in aquafaba and mix again. Next add in the buttermilk and mix again. Add in the remaining ingredients one at a time, mixing briefly after each ingredient has been added.

4. Once the batter has just been combined, divide it evenly among the muffin cups.

5. Bake the muffins for 13-16 minutes for standard sized muffins or 17-20 minutes for jumbo muffins. You'll know they're done when they're slightly golden on top and a toothpick inserted into the center comes out clean.

OIL-FREE APPLESAUCE OAT BRAN MUFFINS

Made with whole wheat flour and hearty oat bran, these Vegan Oil-Free Oat Bran Applesauce Muffins make for a healthy snack or breakfast on the go!



NUT-FREE



SOY FREE

Prep Time: 10 minutes

Total Time: 30 minutes

Serves: 12

1 tablespoon apple cider vinegar
1 cup non-dairy milk
1 1/2 cups whole wheat flour
1/2 cup oat bran
1/2 cup coconut sugar
1 teaspoon baking soda
1/2 teaspoon fine sea salt
1 cup unsweetened applesauce
1/3 cup non-dairy chocolate
chips + more for topping

- 1.** Preheat your oven to 350F and line 12 muffin cups with silicone liners or spray with cooking spray.
- 2.** Add 1 tablespoon of apple cider vinegar to a 1 cup measuring cup. Fill the cup up the rest of the way with non-dairy milk and set the milk aside to curdle and turn into buttermilk.
- 3.** In a mixing bowl, whisk together the whole wheat flour, oat bran, coconut sugar, baking soda and salt until combined.
- 4.** To the flour mixture, add in the applesauce and "buttermilk." Stir until just combined, but don't over-mix or your muffins will be tough.
- 5.** Gently fold in the chocolate chips, if using.
- 6.** Divide the batter among the 12 muffin cups. Top each muffin with more chocolate chips if desired.
- 7.** Bake the muffins for about 18 minutes or until a toothpick inserted into the center comes out clean. Allow the muffins to cool for a few minutes before serving.

FAITH'S TIPS

If you want to keep these muffins soy free, make sure there is no soy in your chocolate chips!

DOUBLE CHOCOLATE BLACK TAHINI BANANA MUFFINS



NUT-FREE SOY FREE

Prep Time: 10 hour
Total Time: 30 minutes
Serves: 12

Made with ripe bananas, rich black tahini and chocolate chips, these Double Chocolate Black Tahini Banana Muffins are a delicious, unique snack or healthy dessert.

2 flax eggs*
3 ripe bananas
1/3 black tahini**
1/4 neutral oil
3/4 cup coconut sugar
1 1/4 cups whole wheat flour
1/4 cup cacao powder
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup mini dairy-free
chocolate chips

FAITH'S TIPS

To make 2 flax eggs, whisk together 2 tablespoons of ground flaxseed with 6 tablespoons of water. Allow the mixture to sit until thickened, about 5 minutes.

**I haven't tried this yet, but I'm almost positive another nut or seed butter would work fine in this recipe!

- 1.** Preheat your oven to 350 degrees and grease or line 12 muffin cups with cooking spray or silicone muffin liners. Set aside.
- 2.** In a small bowl, whisk together 2 tablespoons ground flaxseed and 6 tablespoons water to create your flax eggs. Set aside to thicken.
- 3.** In a large bowl mash the ripe bananas until smooth. Add in the black tahini, oil, coconut sugar and thickened flax eggs and whisk until smooth.
- 4.** Evenly shake the whole wheat flour, baking powder, baking soda, and salt over the top of the wet ingredients and mix until just combined. Fold in the chocolate chips.
- 5.** Pour the batter into your prepared muffin cups. Bake the muffins for about 18-20 minutes, or until a toothpick inserted into the center comes out clean.
- 6.** Allow the muffins to cool before serving or storing them in an airtight container.

PUMPKIN CHOCOLATE LAYERED MUFFINS



Combining two amazing flavors in one fluffy, oil-free muffin, these stunning Pumpkin Chocolate Chip Layered Muffins will be sure to please in every season!

Prep Time: 15 minutes
Total Time: 35 minutes
Serves: 12

2 flax eggs
1 cup pumpkin puree
1 cup non-dairy milk
1/4 cup maple syrup
1/3 cup cane sugar
1 teaspoon ground cinnamon*
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/8 teaspoon ground cloves
1/2 teaspoon sea salt
1 3/4 cup whole wheat flour
1/2 cup chocolate chips
2 tablespoons cocoa powder

FAITH'S TIP

*Instead of all the individual spices, you can just use 2 teaspoons of pumpkin pie spice if you have that on hand.

1. Preheat your oven to 375F/190C and grease or line 12 muffin cups.
2. In a large mixing bowl, make your flax eggs by whisking together the ground flaxseed and water. Allow it to sit for 5 minutes to thicken.
3. To the flax eggs, add in the wet ingredients and spices, from the pumpkin puree to the sea salt. Whisk until smooth.
4. Add in the flour and most of the chocolate chips, reserving some for the tops of the muffins, and stir until just combined.
5. Using a spoon, divide half of the batter among the 12 muffin cups.
6. Gently stir the cocoa powder into the remaining pumpkin batter and then evenly distribute the chocolate batter on top of the pumpkin batter, filling up each muffin cup to the top. If the chocolate batter seems really dry, you can add in a splash of non-dairy milk.
7. Bake the muffins for about 18-20 minutes. Allow the muffins to cool for a couple minutes in the pan before removing them to cool completely on a wire rack.

ZUCCHINI CARROT OATMEAL BREAKFAST MUFFINS



SOY FREE GLUTEN FREE

Prep Time: 20 minutes

Total Time: 46 minutes

Serves: 5

Chock full of nuts, dried fruit, oats and shredded vegetables, these Healthy Everything Oatmeal Breakfast Muffins are a hearty and delicious way to start your day!

2 flax eggs
1 cup grated zucchini
1 cup grated carrot
2 1/2 cups old-fashioned oats
1/4 cup walnuts, chopped*
1/2 cup raisins*
1 tablespoon ground cinnamon
2 teaspoons baking powder
1/2 teaspoon salt
1 cup mashed banana,
(from 2 large or 3 medium
super ripe bananas)
1/2 cup unsweetened
applesauce
3 tablespoons maple syrup
1 teaspoon vanilla

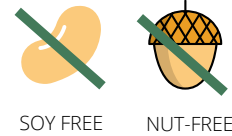
FAITH'S TIP

*You can use whatever chopped nuts (or seeds) or dried fruit that you desire!

1. Preheat your oven to 350 degrees and spray 5 jumbo muffin cups or 5 small ramekins with cooking spray.
2. Prepare your flax eggs by mixing together 2 tablespoons of ground flaxseed and 6 tablespoons of water. Set aside to thicken.
3. Grate your zucchini and carrot and coarsely chop the shreds into smaller pieces if desired. Place the zucchini into a paper towel or dish towel and squeeze out some of the excess water. Set aside.
3. Place 2 cups of old-fashioned oats into a food processor or blender (leaving the remaining 1/2 cup of oats to add to the muffins later) and blend until a fine flour forms. Pour the flour into a mixing bowl.
4. To the oat flour, add in the remaining dry ingredients, from the 1/2 cup remaining old-fashioned oats to the salt. Stir to combine.
5. Add the remaining wet ingredients into the bowl with the dry ingredients, including the shredded vegetables, and stir everything until just combined.
6. Divide the batter evenly among the 5 greased muffin cups. Bake the muffins for about 26 minutes or until a toothpick inserted into the center comes out clean.
7. Remove the muffins from the oven and allow them to cool for a few minutes in the pan before carefully removing them and allowing them to cool completely on a wire rack.
8. I love to freeze these muffins and reheat them in the microwave for about 2 minutes for a quick and healthy breakfast!

ORANGE CRANBERRY MUFFINS

Studded with tart cranberries and fresh orange zest, these whole grain Vegan Cranberry Orange Muffins are a light and refreshing way to start the day!



Prep Time: 15 minutes
Total Time: 35 minutes
Serves: 12

6 tablespoons aquafaba*
3/4 cup unsweetened applesauce
1/3 cup sugar
1/4 cup non dairy milk
1/4 cup oil
1/3 cup orange juice
1/4 cup maple syrup
2 tablespoons orange zest
1 1/2 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon sea salt
1 cup whole wheat flour
1 cup oat flour
Optional: Fresh or dried cranberries

- 1.** Preheat your oven to 375F/190C and grease 12 muffin cups with cooking spray or line them with silicone muffin liners. Set the muffin pan aside.
- 2.** In a mixing bowl, whisk together the first 11 ingredients, from the aquafaba to the sea salt. Allow the mixture to foam for 5 minutes. This is the baking soda reacting with the orange juice.
- 3.** Add in the whole wheat flour and oat flour and stir just until combined.
- 4.** Lastly, gently fold in the fresh cranberries.
- 5.** Divide the batter evenly among the 12 standard muffin cups.
- 6.** Bake the muffins for 18-20 minutes or until they are slightly golden on top and a toothpick inserted into the center comes out clean.
- 7.** Allow the muffins to cool for a few minutes in the pan before removing them and allowing them to cool completely on a wire rack.
- 8.** Store the muffins in an airtight container at room temperature for a couple of days or in the fridge for up to a week.

FAITH'S TIP

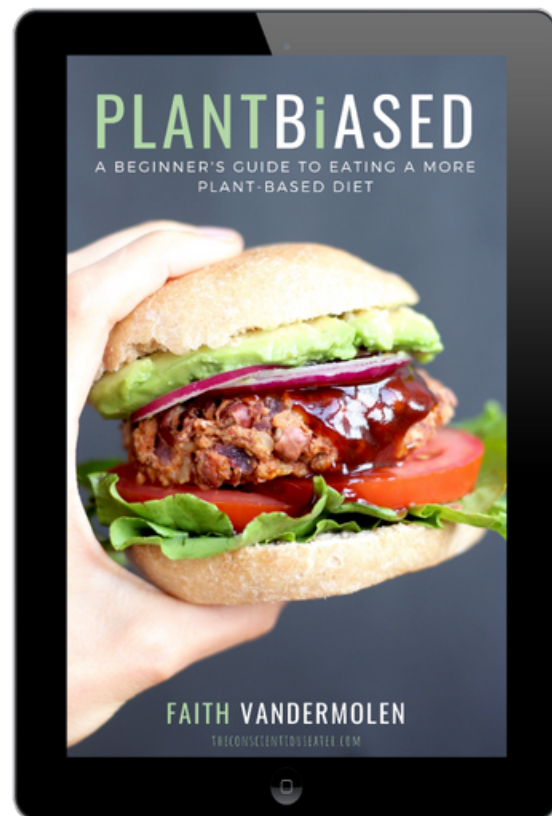
*Aquafaba is the liquid from a can of chickpeas. Also, you can swap the orange juice and zest for lemon juice and zest to make lemon muffins!

PLANT BiASED

If you want to try out more of my all-time favorite recipes -- plus some eBook exclusives! -- be sure to check out my Plant Biased eBook. It contains more than 80 of my favorite plant-based recipes in addition to tips on how to transition to a more plant-based diet!

Here's what's included:

- Plant based protein sources
- How to transition to a more plant-based diet
- My pantry staples
- 20 sweet & savory vegan breakfast recipes
- 22 vegan lunch & dinner recipes
- 6 vegan snack recipes
- 6 vegan bread recipes
- 11 vegan condiment recipes
- 15 vegan dessert recipes
- 9 vegan drink recipes



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About the The Conscientious Eater

Faith started her plant-based food blog over six years ago as a way to document her (overnight!) transition to a plant-based diet. Her recipes are often inspired from her travels around the world and are both family and friend approved. As a new mom, Faith focuses on quick, wholesome recipes that the entire family can enjoy together.

She believes in a balanced diet, so baked goods and dessert are always included! She hopes the recipes she shares on her blog will not only inspire you in the kitchen, but make plant-based eating seem fun and attainable.



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