

# Chocolate Pumpkin Muffins

By Debbie Zimmerman

Servings: 12 muffins

## INGREDIENTS

- 1/2 cup unsweetened cocoa powder
- 2 cups whole wheat flour
- 1-1/4 teaspoons Pumpkin Pie Spice\* (see below)
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 tablespoons ground flax meal
- 1/2 cup plant-based milk (soy, almond, oat, etc.)
- 1/4 cup unsweetened applesauce
- 1-1/2 cups cooked or canned pumpkin puree (not canned pumpkin pie)
- 3/4 cup chopped dates
- 1/3 cup organic maple syrup
- 1 teaspoon pure vanilla extract
- 1/4 cup non-dairy dark chocolate chips (optional)

## INSTRUCTIONS

Preheat the oven to 350°F. Line muffin pan with parchment paper.

- Sift together flour, cocoa powder, cinnamon, nutmeg, ginger, cloves, baking soda, and salt in a large mixing bowl. After sifting, add your ground flaxseeds to dry ingredients.
- In a blender, puree plant-based milk, pumpkin, applesauce, chopped dates, maple syrup, and vanilla.
- Fold the pureed pumpkin mixture in with the dry chocolate flour mixture.
- Spoon the batter into prepared muffin cups.
- Bake for 20-25 minutes. Stick a toothpick into the center of the muffin to check for doneness.
- Remove the muffins from the oven. Let it cool for 10 minutes and remove from the pan. Enjoy

Serving size: 1 muffin

Nutrition: Calories: 146; Carbs: 31g; Fat: 1; Protein: 4g; Sodium: 115mg; Sugar: 8g; Fiber: 5g