



Orange Pumpkin Muffins

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS : 10

PREPARATION: 15 MINUTES

REST : 30 MINUTES

COOKING: 30 MINUTES

INGREDIENTS

- 60 ml (4 tbsp) applesauce
- 30 ml (2 tbsp) water
- 5 ml (1 tsp) white [chia](#)

(the first three ingredients can be substituted by 2 eggs)

- 245 g (1 3/4 cups) all-purpose flour "[La Merveilleuse](#)"
- 10 ml (2 tsp) baking powder
- 1 ml (1/4 tsp) baking soda
- 1 ml (1/4 tsp) salt
- 65 g (1/4 cup) plant-based milk substitute *
- 120 g (1/2 cup) orange juice
- 65 g (1/3 cup) light olive oil **
- 105 g (1/3 cup) maple syrup
- 7.5 ml (1 1/2 tsps) vanilla extract
- 15 ml (1 tbsp) orange zest
- 70 g (1/2 cup) pumpkin seeds

PREPARATION

1. In a small bowl, combine applesauce, water and chia. Let rest for about 30 minutes.
2. Preheat the oven to 180 °C (350 °F).
3. In a bowl, combine flour, baking powder, baking soda and salt.
4. In another bowl, combine plant-based milk substitute, orange juice, oil, maple syrup, vanilla extract, orange zest and previously soaked chia mixture. Beat with an electric mixer to emulsify oil and other liquid ingredients.
5. Stir the dry mixture into the liquids and beat, still with an electric mixer, until the batter begins to thicken (about a minute).
6. Add the pumpkin seeds to the mixture with a wooden spoon. Pour batter into muffin pans lined with paper moulds.
7. Bake on the centre rack for about 30 minutes, until a toothpick inserted in the middle comes out clean.



These muffins will brighten up your lunches in winter! They also make excellent healthy snacks. Pumpkin seeds, furthermore, are a source of iron, magnesium, copper and zinc. In addition, they contain phytosterols, known for their cardiovascular health benefits.

TIP

* If you do not follow a diet excluding dairy products, cow's or goat's milk will also give the same results.

** When cooking a pastry with olive oil, look for an oil that is "milder" in flavor, therefore less pronounced. The terms subtle flavor, delicate, sweet, may be keywords that will tell you that this oil has a less pronounced taste.