

Pumpkin Spice Protein Muffins

Web Recipe · Breakfast · Snack · GF

220 cal · 14g protein · 28g carbs · 7g fat · 12 servings

Ingredients

- 1.5 cups oat flour
- 2 scoops vanilla vegan protein powder
- 1 can (15 oz) pumpkin puree
- 1/3 cup maple syrup
- 1/4 cup unsweetened applesauce
- 2 tbsp ground flaxseed mixed with 6 tbsp water
- 1/4 cup unsweetened soy milk
- 2 tbsp coconut oil melted
- 2 tsp pumpkin pie spice
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt

Instructions

1. Preheat oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners or grease well.
2. Make flax eggs: mix ground flaxseed with water and let sit 5 minutes until gel-like.
3. In a large bowl, whisk together oat flour, protein powder, baking soda, baking powder, pumpkin pie spice, and salt.
4. In a separate bowl, combine pumpkin puree, maple syrup, applesauce, flax eggs, soy milk, melted coconut oil.
5. Pour wet ingredients into dry and stir until just combined.
6. Divide batter evenly among 12 muffin cups (about 2/3 full each).
7. Bake 20-24 minutes until a toothpick inserted in the center comes out clean.
8. Cool in the pan for 5 minutes, then transfer to a wire rack. Store airtight for up to 1 week or freeze for 3 months.

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