

Healthy Vegan Chocolate Muffins (Oil-free)

These Healthy Vegan Whole Wheat Vegan Chocolate Muffins are super easy to make, just 8 ingredients and are so rich and decadent! Soft, fluffy and moist and oil-free!



Prep Time	Cook Time	Total Time
5 mins	22 mins	27 mins

★★★★★
5 from 21 votes

Course: Dessert Cuisine: American, Vegan

Keyword: best vegan chocolate muffins, healthy chocolate muffins, healthy vegan chocolate muffins, oil free vegan chocolate muffins

Servings: 1 dozen Calories: 214kcal Author: Brandi Doming

Ingredients

- 1 1/4 cups (160g) whole wheat pastry flour or all-purpose flour
- 1/2 cup (48g) unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 3/4 cup (180g) dairy-free semi-sweet chocolate chips
- 3/4 cup (180g) full-fat coconut milk (shake the can well first or whisk until smooth. See Notes for SUB.)
- 3/4 cup (240g) pure maple syrup
- 1/2 cup (120g) unsweetened applesauce
- 1 1/2 teaspoon (8g) vanilla extract

NOTE

- I always recommend to use a scale for accuracy when baking, following MY gram weights listed, since we all measure differently. This greatly improves your chance for success and lessons room for error. You never need cups or to compare them to the weights, just use the scale and bowl and make sure to zero out in between each ingredient. My recipes are 100% tested specifically using my exact weights and your results will turn out as mine are pictured this way.
- I use this scale.

Instructions

1. Preheat an oven to 350°F (177°C and line a muffin pan with 12 nonstick liners. I use either parchment paper liners or Reynolds Stay-brite are best, as they never stick.
2. Add the wheat flour, cocoa powder, baking soda and salt to a large bowl and whisk very well. Add the milk, applesauce, vanilla and chocolate chips and stir until the batter is smooth.
3. Bake for 22-25 minutes. They are done when they have puffed up and a toothpick comes out basically clean. Don't be confused between wet batter and the melted chocolate chips

though.

4. Let them cool for 15 minutes, as they will finish cooking and be too tender to eat right away. Cool completely on a wire rack. Once cooled, drizzle Vegan Homemade Chocolate Sauce on top if feeling super indulgent.

Notes

COCONUT MILK: This replaces the need for oil and butter. It also makes these muffins incredibly tender, soft and fluffy and so rich! I recommend the Thai Kitchen brand for the best results. Do not use the Polar brand, as it is mostly fillers and will ruin the texture. Coconut milk gives the most amazing texture to these muffins, so I really don't suggest subbing. However, if you are allergic to coconut, I would suggest another really creamy high fat milk like a macadamia, creamy oat milk or a homemade cashew milk similar to the consistency of full-fat coconut milk.

Nutrition

Serving: 1muffin | Calories: 214kcal | Carbohydrates: 36.2g | Protein: 3.3g | Fat: 7.3g | Saturated Fat: 4.4g | Sodium: 190mg | Potassium: 110mg | Fiber: 3.8g | Sugar: 20.4g | Calcium: 39mg | Iron: 2mg

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