



Choco-Pumpkin Muffins with Pecans

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

By: Cuisine l'Angélique

YIELD : 12 to 15

PREPARATION: 25 MINUTES

COOKING: 30 MINUTES

INGREDIENTS

Muffins:

- 10 g (1 tbsp) de [chia](#)
- 375 g (1 1/2 cups) [pumpkin puree](#)
- 50 g (1/4 cup) light olive oil
- 220 g (1 cup) cane sugar
- 165 g (2/3 cup) plant-based milk substitute
- 10 ml (2 tsp) vanilla extract
- 235 g (1 2/3 cups) all-purpose flour "[La Merveilleuse](#)"
- 50 g (1/2 tasse + 1 c. à soupe) de [cocoa](#)
- 7.5 ml (1 1/2 tsps) ground cinnamon
- 3.5 ml (3/4 tsp) grated nutmeg
- 3.5 ml (3/4 tsp) baking powder
- 3.5 ml (3/4 tsp) baking soda
- 1 ml (1/4 tsp) salt
- 50 g (1/2 cup) pecans, chopped

Pecan crunch:

- 60 ml (4 tbsp) cane sugar
- 30 ml (2 tbsp) all-purpose flour "[La Merveilleuse](#)"
- 2.5 ml (1/2 tsp) ground cinnamon
- 30 ml (2 tbsp) coconut oil *
- 50 g (1/2 cup) pecans, very finely chopped

PREPARATION

1. Preheat the oven to 350° F (180° C).
2. In a coffee grinder, finely grind the chia seeds. In a bowl, combine ground chia, pumpkin puree and olive oil. Let rest for 10 minutes.
3. In another bowl, combine flour, cocoa, cinnamon, nutmeg, baking powder, baking soda and salt. Set aside.
4. After the 10 minutes of rest, add the cane sugar, plant-based milk substitute and vanilla to the chia mixture. Using an electric mixer, beat for about 1 minute, until frothy.
5. Gradually add the flour mixture, beating well after each addition. Still using an electric mixer, beat for about 1 minute, until the batter



The final touch of the pecan crunch will leave no one indifferent!

thickens.

6. Using a wooden spoon, add the chopped pecans and mix well.
7. Pour batter into muffin pans lined with paper moulds.
8. Prepare the pecan crunch as follows: Mix the cane sugar, flour and cinnamon. Add the coconut oil and finely break it up with your fingers, then add the pecans and mix well.
9. Place the crunch on top of each muffin, pressing the top to adhere to the batter.
10. Bake on the centre rack for 30 to 35 minutes or until a toothpick inserted in the middle comes out clean.
11. Unmould when out of the oven and allow to cool on a wire rack.