



Supreme Choco-Sunflower Muffins

Recette sans gluten, sans produits laitiers (sans caséine), hypotoxique et végétalien.

By: Cuisine l'Angélique

PORTIONS : 16

PREPARATION : 25 MINUTES

CUISSON : 40 MINUTES

INGREDIENTS

- 30 ml (2 tbsp) [chia](#) seeds
- 185 g (3/4 cup) plant-based milk substitute
- 160 g (1/2 cup) maple syrup
- 150 g organic soft tofu (or vegetable yogurt)
- 100 g (1/2 cup) [olive oil](#)
- 1 vanilla bean, scraped (or 7.5 ml (1 1/2 tps) vanilla extract)
- 45 g (1/3 cup) sunflower seeds
- 175 g (1 1/4 cups) all-purpose flour "[La Merveilleuse](#)"
- 55 g (1/4 cup) cane sugar
- 45 g (1/2 cup) [cocoa](#)
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) baking soda
- 7.5 ml (1 1/2 tps) ground cinnamon
- 2.5 ml (1/2 tsp) grated nutmeg
- 2.5 ml (1/2 tsp) ground cardamom
- 0.5 ml (1/8 tsp) ground cloves
- 1 ml (1/4 tsp) salt
- 150g (1 cup) grated zucchini
- 110g (1 cup) grated carrots
- 70 g (1/2 cup) sunflower seeds
- 90 g (1/2 cup) mini semi-sweet chocolate chips
or 70 g (1/2 cup) raisins



"Supreme" muffins that bring together good taste, protein and even... vegetables! For breakfast, as a snack, or even for dessert, they will be wildly popular!

NUTRITION FACTS

Per 73 g serving 240 Calories

Fat: 13 g	20 %
Saturated 2,5 g	
Trans 0 g	13 %
Polyunsaturated: 4 g	
Omega-6: 3 g	
Omega-3: 0,4 g	
Monounsaturated: 6 g	
Cholesterol: 5 mg	
Sodium: 150 mg	6 %
Carbohydrate: 29 g	10 %
Fibres: 4 g	16 %
Sugars: 14 g	
Protéines: 4 g	
Vitamin A	10 %
Vitamin C	4 %
Calcium	8 %
Iron	15 %

PREPARATION

1. Grind the chia in the coffee grinder. In a large bowl, combine plant-based milk substitute, maple syrup, soft tofu (or yogurt), oil and vanilla. Add the ground chia, beating with a whisk, then beat with an electric mixer to make the ingredients foam. Let rest for 15 minutes.
2. Finely grind the sunflower seeds. In a medium bowl, combine ground sunflower, flour, cane sugar, cocoa, baking powder, baking soda, spices and salt.
3. Preheat the oven to 180 °C (350 °F).
4. After the liquid ingredients have sat for 15 minutes, add the dry ingredients and mix well with a wooden spoon, until the batter is smooth and even.

5. Still with the wooden spoon, add zucchini, carrots, sunflower seeds and chocolate chips (or raisins). Divide batter among muffin pans lined with paper moulds.
6. Bake on the centre rack, about 40 to 45 minutes, until a toothpick inserted in the middle comes out clean.