

## Vegan Maple Pecan Pumpkin Muffin

**Maintenance into be mixed into your muffin:** nuts/seeds

**Supplies:**

- Muffin Tin
- Ice cream scooper optional

**Wet Ingredients:**

- 1 cup 100% pure pumpkin puree
- ¼ cup melted coconut oil
- ¼ cup + 2 tablespoons pure maple syrup
- ¼ cup + 2 tablespoons coconut sugar
- 1 flax egg (1 tablespoon ground flax + 3 tablespoons water, whisk together, set for 15 minutes)
- 1 teaspoon pure vanilla extract

**Dry Ingredients:**

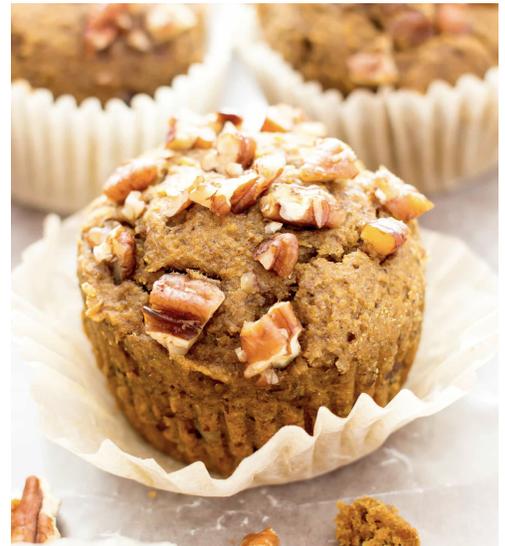
- Maintenance nuts/seeds
- 2 cups oat flour
- ½ cup almond meal
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 teaspoon pumpkin pie spice
- ¼ teaspoon salt

**Toppings (optional):**

- ¼ cup pecans, chopped
- 1 teaspoon pure maple syrup

**Instructions:**

1. Preheat the oven to 350°F. Place cupcake liners in a standard, 12-muffin pan. Set aside
2. Add the wet ingredients to a large bowl: pumpkin, coconut oil, maple syrup, sugar, flax egg, and vanilla. Whisk until well incorporated.
3. Add the dry ingredients: oat flour, almond meal, baking powder, baking soda, spice, and salt. Whisk together until just incorporated, making sure no flour patches remain. If needed, use a rubber spatula to fold in the last bit of flour. Fold in ¾ cup of pecans.
4. Using a large scoop, scoop and drop batter evenly into the muffin pan.
5. Add your maintenance nuts / seeds. If needed, use a rubber spatula to smooth the batter into an even layer
6. In a small bowl, add **Topping** ingredients: 1/4 cup pecans and 1 teaspoon maple syrup. Stir and fold until pecans are well-coated in maple syrup. Evenly sprinkle maple pecans over muffins.





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Gently press into muffin tops. Bake for 18-25 minutes. Mine took 20 minutes.

7. Allow to cool on a cooling rack for 1 hour, or until completely cool. Enjoy!

**Storage:** Airtight container for 1 week.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Tree Nuts**